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4月

总第87期

FEATURE: 遇见另一个自己

Style a New Life



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《理科状元》

破解高考母题奥秘
快速提高理科成绩

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信誉保证：凡购买并学习《理科状元》的学生如高考未能考上大学我们将全额退款！

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《理科状元》特点：把握最新高考命题，将高中重点内容拆分，重新排列组合，在考试重点下精选大量“母题”和最新高考试题，用独特的思路解法说明，引导学生形成一套完整、高效的学习方法，充分挖掘大脑潜能，真正做到读透、学懂，解题速度迅速提高。本书完全不同于市面上其他教材，学员每天只需通过半小时的强化训练，一个月内数理化单科成绩将大幅度提高，轻松面对考试。



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现在购买《理科状元》或《中考记忆学习法》均送赠品
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● “母题”是含有考试重点的知识和知识点的复合题，典型题，一般开卷题或“母题”，力争一题多解，掌握“母题”，就是掌握考试的秘诀！建议高一、二、三的同学循序渐进学习《理科状元》；高二、三同学可根据自己的实际情况，有针对性学习其中内容，以实现快速突破的目的。基础薄弱的同学完整地学习《理科状元》，成绩提高显著。

● 《理科状元》五维新思维电视家教的特点：“历经高考的学生比老师更懂得学生真正需要什么。”——引用国外最新“平权教育”理念，由复旦大学高才生倾情讲授，独创“一对一”电视家教模式，为学习成绩中下游的高中学生真正传授《理科状元》五维新思维，全面掌握“听、思、说、写、观”五维法，面对中国传统教育模式下平均200元/课时的昂贵家教费，星驰传媒全面开创新思维电视家教先河。



《理科状元五维新思维》
电视家教系列



《理科状元》面世后取得的显著成绩

复旦大学高等教育研究所教授 资深教育专家

张惠洁

现在学生每学期都要买很多的教辅书，心情可以理解，毕竟高考将决定孩子的一生，不过我建议每科购买一本比较好的教辅书就足够了。看过《理科状元》后，多年的教育经验告诉我这是一本非常优秀的教辅书，其内容独特新颖，在此我推荐给每个想快速提高自己成绩的同学阅读。

湖北黄冈中学 全国优秀教师 闵其蒙

今年我们班上的很多学生都在学习《理科状元》，他们的进步让我吃惊，今年的高考成绩也普遍好于往年！我发现这套书不同于一般的教辅资料，它是用独特的解题思路去破解近年高考试题，并列举了很多一般教辅书中没有的复合题，对学生拓展自己的解题思路及提高解题速度都会有很大的帮助。

北京大学学生



张涛：我是湖北黄冈中学2007年的高考考生，原来我在班上的成绩只是中等，学习《理科状元》三个月，我的数理化三科成绩突飞猛进，高考以高分考上了北大，连我的父母都为我骄傲。

复旦大学学生



孙逸飞：高三时班主任说我只会考二本，学习《理科状元》后，我发现里面的内容新颖独特，简直“母题”都跟经典。三个月后的高考，我竟一跃成为湖北省前几名，考入复旦大学经济学系。这真是一套“神奇宝典”！

川南大附中高二学生



刘倩：学习了三个月《理科状元》，我尝试着去做今年的理科高考试题，很多难题竟然很快地解开了，其他同学都觉得不可思议，效果真是太神奇了。

上海交大附中学生



黄磊：我的一模成绩只有570分，离我的梦想很远。同学推荐给我《理科状元》，经过一段时间的强化训练，最终我的高考成绩是648分，考入了我理想中的学校，真要感谢《理科状元》。

中考记忆学习法

本教材为最新重点科研成果，是从100种优秀学习记忆法中精心提炼开发出来的一套全面系统的高水平记忆学习法，取百家之长，自成一统。通过众多专家教授及广大师生试用获一致好评。结果证明，本书能迅速提高学员记忆和学习能力，彻底改变死记硬背的记忆模式和枯燥的学习方法。

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● 彻底解决考试发挥不稳定的问题！



我是一名复读生，去年模考成绩不理想，但没想到高考发挥会如此失常。刚进考场时，我很痛苦很紧张，甚至一度否定自己。直到发现了《中考记忆学习法》，它非常实用，我现在觉得掌握好的学习方法太重要了。我现在的学习成绩稳定多了，压力也轻多了，今年的高考，我会笑着从容面对。

我们文科生要背的内容实在太多了，尤其是历史和地理，学习了《中考记忆学习法》，我发现科学的记忆方法是打开知识宝库的金钥匙。一旦掌握了这些方法，再加上刻苦学习，效果就会成倍甚至十几倍的增加。去年我轻松考上了理想的学校，现在好多的知识点都还没有忘记呢，真是太神奇了。

我高二时语文和英语很差，尤其是英语，怎么努力也不行。后来我阅读了《中考记忆学习法》，才发现是“方法不对，努力白费”，高二时我每天只抽出半个小时学习英语，就收到了事半功倍的效果，高考时英语考了136分！

《理科状元》为全国通用辅助型教材，适用于所有地区版本教材（包括课改后新标准教材），高一至高三学生均可使用。高中版全套三册（含数学、物理、化学各一册），全套售价99元（不含邮费，详见下方邮费说明）。

《理科状元五维新思维电视家教》系列VCD全套八张，含《理科状元》中数理化三科全部课时，此系列光盘必须配合《理科状元》丛书使用，适用基础知识薄弱的高中学生。全套售价120元（不含邮费，详见下方邮费说明）。

《中考记忆学习法》适用初高中生、自修生、文理科生，全套两册（含记忆法、学习法各一册）及中考学习卡一套，全套售价98元（不含邮费）。以上三套教材由星驰传媒独家销售，全国各地书店无售，只通过邮局汇款购买，谨防假冒。

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Style a New Life

遇见另一个自己

By Mitchell Kelly

小狐 译



A lifestyle is what you pay for; a life is what pays you.
—Thomas Leonard

It is the choices we make every day—where we live and who we live with; which social events we attend; what we buy, where we buy it and how much we pay for it; where we hang out after work or school; which movies we go to see; the clothes we wear, or don't wear—that, when combined, make up our lifestyle. There are an infinite number of possible life choices available to us all. In fact, it may be argued that, just like snowflakes, no two lifestyles are exactly the same.

Our lifestyle is a powerful symbol of who we are and what we stand for in the world. And the most beautiful thing about it is, that just as easily as we created the path we choose to follow, we can shake things up in an instant and choose a new life for ourselves that better reflects our attitudes as we grow and learn.

This month, we look at four articles that offer different points of view on the lives we lead. *Slow Down and Live* teaches us the value of making time for relaxation and appreciating all the good in our lives. It seems obvious that a lifestyle centering on family is far more rewarding than a career-centric one, yet so many of us live in a fast pace working world. Be sure to check out the tips to help you slow things down.

While some like it slow, others like it high and others like it green. Taking risks, seeking thrills and living a life of adventure is another type of lifestyle explored in *Fly High into the Sky*. And those who seek a life that can give back to the earth can take notes from *10 Easy Steps to Live the Green Life*.

Perhaps the biggest influences on our lifestyles are our dreams and goals. *Your Dreams as Touchstones* tells us to always remember our dreams and to use them to give ourselves direction and help when making choices. If ever you feel lost, remember your dreams and what's important to you, and then be inspired to create the lifestyle that you want for yourself. And once you have your dream lifestyle, go and live your life. 

每一天我们都要做出这样的决定——我们住在哪里，与谁同住；我们要参加哪些社会活动；我们要买什么，在什么地方买，花多少钱；我们工作、学习之余有什么消遣活动；我们去看什么电影；我们要穿或不穿哪件衣服——这一切决定合起来，就构成了我们的生活方式。对于我们每个人来说，都有无穷无尽的生活方式可以供选择。实际上，我们也许有理由相信，在这个世界上并没有两种完全相同的生活方式，就如同没有两片一模一样的雪花。

我们的生活方式有力地说明了我们是什人，以及我们的价值观。而其中最美丽的一点就是，正如我们能够轻易地开辟出自己的人生之路并一往无前地行进下去一样，我们也能一下子抛弃旧有模式，重新选择一种新的生活方式——它更能表现自己随着成长学习而改变的生活态度。

这个月，我们来看看讲述对生活的不同观点的四篇文章。《云淡风轻慢生活》告诉我们，腾出时间来休闲放松以及欣赏我们生活中一切美好事物的价值。以家庭而非事业为中心的生活方式是更有价值的，这点似乎应该毋庸置疑，可是我们很多人依然生活在快节奏的职场社会里。记得要看看文章里教你放慢生活脚步的小提示。

尽管有的人喜欢慢生活，却也有人热衷于寻求快感，还有人热爱绿色生活。四处冒险，寻求刺激，过着惊险不断的生活，《超越梦想无极限》一文就为我们揭示了另一种新奇的生活方式。而那些寻求在生活中回馈地球的人则可以从《简易十招，绿色生活》中学到不少小窍门。

也许最能影响我们生活方式的因素就是我们的梦想和目标吧。《有梦人生》一文告诉我们，要永远记得我们的梦想，让梦想为我们指引方向，帮助我们做出决定。即使有一天你感到迷茫，要记住你的梦想，记住自己珍视的一切，然后让这些激励自己去创造自己想要的生活方式。一旦你拥有了梦想的生活方式，就好好地生活吧！

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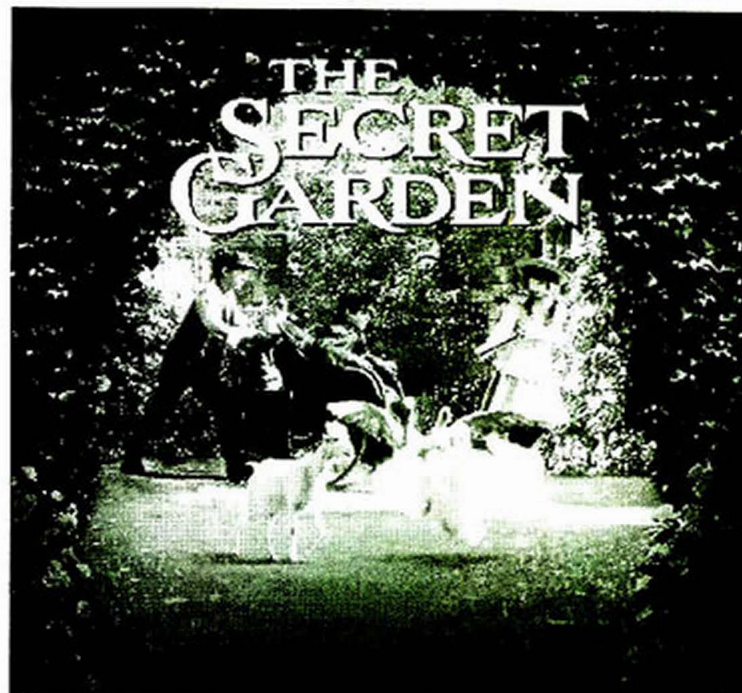
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秘密花园 (节选)

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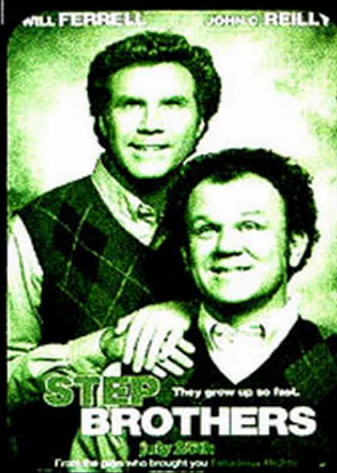
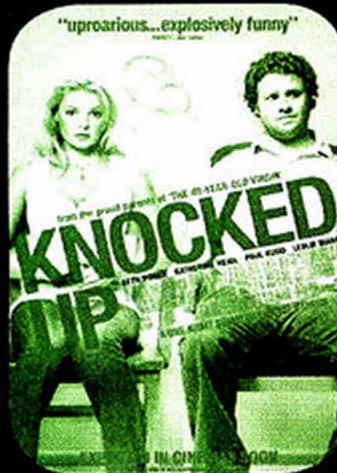
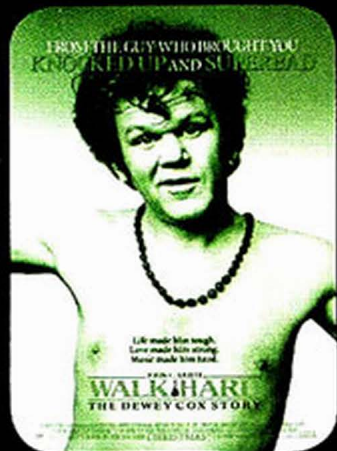
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贾德·阿帕图—— 玩转好莱坞的喜剧新 教父

JUDD APATOW: the New Godfather of Comedy

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By Megan Spencer
小狐 译

假如你很喜欢看电影,碰巧你又钟爱喜剧片,那么你肯定不会没听过贾德·阿帕图的大名!这个满脸络腮胡子,貌似温和忠厚的中年犹太男人异军突起,目前已经成为好莱坞喜剧狂潮的“幕后推手”。他不仅曾在*Entertainment Weekly*评选的“好莱坞最聪明50人”中排名第一,还被*The Times*列入“2008年度最有影响力的100人”。现在就让我们来看看他的庐山真面目吧!

Unless you're ¹⁾**Jerry Bruckheimer**, usually if you're a movie producer you're not a household name ... Unless of course you've had a ²⁾**high-end**, on the record drug habit with a lifestyle to match, written a tell-all book ³⁾**blowing the lid off** Hollywood or made so much money on the big and small screens, you could pay for the Third World Debt ten times over.

So what happens if you're a reformed nerd-turned-producer who made his name making a network TV show about all manner of social outcasts cancelled after a couple of seasons? Surely you disappear into ⁴⁾**oblivion** and spend the rest of your working life ⁵⁾**churning out** second-rate scripts for bad American ⁶⁾**sitcoms** that also disappear into oblivion if you're lucky...

Not if your name is Judd Apatow. All hail ... While that was his ⁷⁾**ignominious** past, and while he might not make as much money as Bruckheimer, Apatow has become synonymous, an unstoppable ⁸⁾**juggernaut** of popular comedies. As a director/writer/producer, Apatow is ⁹⁾**racking up** ¹⁰⁾**a bevy of** successful movies, after serving his ¹¹⁾**apprenticeship** creating the two ¹²⁾**critically acclaimed** TV series that somehow failed to ¹³⁾**ignite** a broad audience. Don't ask me why they didn't because they were laugh out loud funny...

No mind. Apatow's study time paid off—and loyalty. Most of the trusty teen TV cast he assembled for *Freaks and Geeks* followed him to the big screen—except ¹⁴⁾**James Franco** who ran off to

——般说来，假如你是一名电影制片人，那么除非你是杰瑞·布鲁克海默，否则你的名字就不大可能会家喻户晓……当然，除非你因为吸食昂贵毒品这个习惯而留有案底且生活方式同样臭名昭著，或者出了本书尽数好莱坞的秘闻内幕，又或者在大小银幕上拼命捞钱，富得能够十倍偿还第三世界国家欠下的一切债务，那就另当别论了。

那么，如果你只是个由改过自新的书呆子转变而来的新晋制片人，只制作过一部描绘与这个社会格格不入的各色人物的电视剧，且在电视网只播放了两季就被砍掉了，那你会怎样呢？当然了，你会从大众的记忆中消失，幸运的话，你余生的工作将是大量地粗制滥造二流的剧本，拍制成拙劣的美国情景喜剧，然后这些剧集也会和你一样最终湮没无闻……

除非你的名字是贾德·阿帕图。万岁！……尽管他的过去不甚光彩，尽管他也可能不像布鲁克海默那么能赚钱——阿帕图已经成为了一个势不可挡的大众喜剧巨无霸的代名词。作为一名导演/编剧/制片人，在经历了学习期并创作出两部“评论家褒贬不一”且不怎么叫座的电视连续剧之后，阿帕图已经推出了一大批大获成功的影片。不要问我为什么这两部剧集不怎么叫座，它们明明都是让人喷饭狂笑之作……

没关系！阿帕图的学习期得到了回报——还有忠诚。在他拍摄电视剧《怪胎秀》时召集的那帮忠心耿耿的青少年电视演员里，大部分人都跟着他走上了大银幕——

1) Jerry Bruckheimer 杰瑞·布鲁克海默，好莱坞金牌制片人，人称“好莱坞金手指”，曾制作了《珍珠港》、《加勒比海盗》、《国家宝藏》等大批热门影片，以及热播电视剧《CSI》

2) high-end 最高档的，昂贵的

3) blow the lid off 揭发内幕，揭发丑闻

4) oblivion [ə'blɪvɪən] n. 遗忘，湮没

5) churn out 大量地生产，粗制滥造

6) sitcom ['sɪtkəm] n. 连续剧，情景喜剧

7) ignominious [ɪɡnə'mɪniəs] adj. 可耻的，不光彩的

8) juggernaut ['dʒʌɡənɔ:t] n. 不可抗拒的力量，世界的主宰

9) rack up 积聚，积累

10) a bevy of 一群，一系列

11) apprenticeship [ə'prentɪs,ʃɪp] n. 学徒的身份，学徒的年限

12) critically acclaimed 褒贬不一的

13) ignite [ɪɡ'naɪt] v. 引起感情，使激动

14) James Franco 詹姆斯·弗兰科，美国新生代影星，曾出演过阿帕图早期的电视剧《怪胎秀》，后在《蜘蛛侠》中出演蜘蛛侠的好友Harry Osborn，2008年又回归阿帕图的影片《菠萝快车》

play Harry Osborn in the ¹⁵⁾mega-hit *Spider-Man* movies—including Jason Segel from the popular comedy *Forgetting Sarah Marshall*, and Seth Rogen from *Knocked Up*. Plus a match made in heaven was forged between *Saturday Night Live* stars Will Ferrell (see *Talladega Nights*, *Anchorman: The Legend of Ron Burgundy*) and Steve Carell (*The 40-Year-Old Virgin*).

Apatow movies are the new ¹⁶⁾SNL, made for an audience acutely aware of irony, pop culture, ¹⁷⁾lowbrow humor (good lowbrow that is) and the ¹⁸⁾talkie-based ¹⁹⁾screwball comedy, which reach all the way back to the advent of sound in film, ²⁰⁾circa 1930. And like the producers of the 1930s—²¹⁾ensconced as they were in the ²²⁾studio system—you can tell when Apatow has had his hand in a film; his brand of comedy has a unique flavor that distinguishes it from the zillion other teen/20 something comedies.

While *Anchorman* and *40 Year-Old Virgin* got Apatow noticed by Hollywood (i.e. they made money), it's *Knocked Up* that has showcased what he does best, a collaboration between himself and former *Freaky and Geeks* actor Seth Rogen. Having initially collaborated on scripts for *Undeclared*, *Knocked Up* allowed them to translate their particular brand of compassionate lowbrow bloke humor to a much broader audience—who responded in delight. It's one of the funniest and emotionally honest lowbrow

只有詹姆斯·弗兰科例外，他窜到轰动一时的大片《蜘蛛侠》系列里出演哈里·奥斯本去了——其中包括大受欢迎的喜剧片《忘掉莎拉·马歇尔》中的杰森·席格尔和《一夜大肚》中的塞斯·罗根，还有一对天生的冤家对头：电视剧《周末夜现场》中的威尔·法瑞尔（又见《塔拉迪加之夜》和《王牌播音员》）和史蒂夫·卡瑞尔（又见《40岁的老处男》）。

阿帕图的电影已经成了新的喜剧标准，专门拍给那些对讽刺反语、流行文化、粗俗幽默（当然是善意的粗俗）以及由有声电影发展而来的神经喜剧有清醒认识的观众，而这种喜剧的起源可以回溯到大约20世纪30年代声音刚进入电影的时候。正如20世纪30年代的制片人们——他们在制片厂制度中安如泰山——你可以说阿帕图也一样对电影保持着绝对的控制力：由他出品的喜剧带着一种独特的风味，使之与其他不计其数的拍给青少年或20来岁的成年人看的青春喜剧片截然不同。

如果说是《王牌播音员》和《40岁的老处男》使得阿帕图在好莱坞崭露头角的话（也就是说，它们赚了不少钱），那么《一夜大肚》则说明了他的实力所至——那是他和曾出演《怪胎秀》的演员塞斯·罗根通力合作的结果。他们早期曾合编过《成人补习班》的剧本，而《一夜大肚》则让他们那种善意的粗俗小子式的特殊幽默赢得了更广泛的观众——他们的回应甚为欣喜。这是近来出品的最搞笑且



阿帕图的贱人贱事集

关于阿帕图和他的贱精们，我们真的不想多说了，你还能指望这帮形态猥琐、行事荒唐的家伙们捣鼓出什么好事来？经过密谋，我们决定只精选线索若干，有兴趣又胆大的人自己百度、Google去吧，然后找个心情郁闷的晚上偷偷看看，不过事先声明，如留下任何笑神经或心血管后遗症，CR小编概不负责！^o^

第一类：倒霉男人求爱记

The 40-Year-Old Virgin (2005) 《40岁的老处男》

Forgetting Sarah Marshall (2008) 《忘掉莎拉·马歇尔》

第二类：卷毛小子成长史

Knocked Up (2006) 《一夜大肚》

Superbad (2007) 《太坏了》

Drillbit Taylor (2008) 《大兵保镖》

Pineapple Express (2008) 《菠萝快车》

第三类：讽刺高手笑翻天

Anchorman: The Legend of Ron Burgundy (2004) 《王牌播音员》

The TV Set (2006) 《电视》

Walk Hard: The Dewey Cox Story (2007) 《永不止步：戴维·寇克斯传》



comedies made of late with credible female characters.

充满真情实感的粗俗喜剧之一，而其中的女性角色亦令人信服。

If there's such a thing as a "sophisticated lowbrow movie", Apatow just might be onto it. 

如果真的有什么能被称为是“不俗的粗俗电影”的话，阿帕图或许已经弄出点眉目了。

15) mega-hit 特大成功或轰动事物

16) SNL abbr. Standard Nomenclature List, 标准术语表

17) lowbrow ['ləʊbraʊ] adj. 粗俗的，低级趣味的

18) talkie ['tɔ:kɪ] n. <口> 有声电影

19) screwball comedy 神经/疯狂喜剧，是好莱坞喜剧电影中独特的一支，出现于美国20世纪30年代经济萧条的末期，我们所熟悉的代表作有《一夜风流》和《当哈利遇到莎莉》等

20) circa ['sɜ:kə] prep. 大约，前后（用于年代前，通常略作c.）

21) ensconce [ɪn'skɒns] v. 舒服地坐着

22) studio system 制片厂制度，19世纪50年代前，好莱坞的权力中心在电影公司，当时的演员和导演都要跟电影公司签长期合同，由公司控制融资和制作等，制片人在电影制作领域处于核心地位

HOW TO MAKE YOUR OWN JUDD APATOW MOVIE

“阿帕图式”喜剧

大揭秘

文字难度

By Michael Swaim

小狐译

Have you ever wanted to make a ¹⁾smash comedy hit, just like Judd Apatow? Now you can!

Difficulty: Can be tricky the first time, but once you've ²⁾got the hang of it, you can pump them out yearly.

Time: 6 months (4 hours for scripting and casting, a weekend for shooting, and 5 months and 28 days for editing, advertising and “make 'em wait” time).

Things You Will Need:

- A beloved failed TV show from which to pull your cast
- A thorough knowledge of basic sexual slang
- A ³⁾disdain for continuity
- An old High School yearbook from which to pull ideas and characters
- An understanding of improvisational comedy that entails two guys speaking in unconnected ⁴⁾one-liners

你是否也曾希望能像贾德·阿帕图那样拍出一部风靡一时的喜剧片呢？现在，你也可以做到！

难度：一开始可能比较棘手，不过一旦摸清了其中的窍门，你每年都能整出一部来。

时间：6个月（4个小时编写剧本并挑选演员，一个周末用于拍摄，5个月零28天用于剪辑、宣传和造势“让人期待”）。

你所需要的东西：

- 一部你深爱但不甚成功的电视剧，以便你可以从中挑选演员
- 对基本的性俚语了如指掌
- 对情节的连贯性完全不屑
- 一本旧的高中毕业纪念册，以便从中汲取灵感和挑选角色
- 了解什么是即兴喜剧，即需要两个家伙讲些无厘头的俏皮对白

1) smash hit 非常流行的东西

2) get the hang of 掌握做某事的窍门

3) disdain [dis'deɪn] v. 蔑视，鄙弃

4) one-liner 俏皮话，打趣的话



1. The Script: Your script is the blueprint for your film, and will define it ⁵⁾**down to the last detail**. A carefully constructed script will show everyone involved that you have taken great care to craft your film deliberately and with a clear vision. Just kidding! Usually throwing together a few ideas on a cocktail napkin with your buddies the night before a ⁶⁾**pitch** meeting will ⁷⁾**do the trick**. And don't worry, you can still give yourself a screenwriting credit.

1. 剧本: 你的剧本就是你电影的蓝图, 它将定下影片的基调, 以及一切细节。一部精心编写的剧本能让所有参与其中的人都明白到, 你在慎重而精心地制作你的电影, 且思路清晰明确。开个玩笑而已啦! 通常在集思会的前一晚, 和你的几个哥们一起将一些鬼点子凑在一张酒会餐巾上就能搞定了。别担心, 电影编剧的名单里依然少不了你那一份的。

2. Casting: First, get drunk and watch some episodes of that old beloved failed TV series. Become nostalgic, call up one of the lead actors you haven't seen in a while, and offer him the lead role in your new movie. This has several benefits: you've already got their phone number right on you, the shooting process is that much more like your old ⁸⁾**Fraternity** days, and you know they'll be grateful for the part. Sometimes they'll even write the script for you, in which case you can just give them the cocktail napkin and let them go nuts. But try not to give the same actor the lead role in more than one movie; they tend to get ⁹⁾**uppity**. Remember, you're the star here; they're just the medium for your genius.

2. 选角: 首先, 喝得醉醺醺的, 再看上几集那部你深爱但不甚成功的电视剧, 然后开始怀念往事, 给你许久没见的某个主角打个电话, 并让他/她在你的新片里出演主角。这样一来好处良多: 你早就有他们的电话号码了, 找人方便; 拍摄的过程更像是在重拾以往兄弟帮的时光, 而且你知道他们会对能出演角色心怀感激; 有时候他们甚至还会为你写剧本, 因此你可以把酒会餐巾给他们, 然后让他们去发疯。不过, 尽量不要让一个演员担当一次以上的主角, 不然他们会变得嚣张起来。记住, 你才是这里的明星, 而他们不过是展现你的天才的工具罢了。

5) down to the last detail 非常详尽地

6) pitch [pɪtʃ] n. <美口> 行动计划, 宣传论点

7) do the trick 大获成功

8) frat [fræt] n. 兄弟会, 大学生联谊会

9) uppity ['ʌpɪti] adj. 自负的, 傲慢的

10) juvenile ['dʒu:vɪnəl] adj. 幼稚的

11) vulgarity [vʌl'gærɪti] n. 粗俗, 粗野行为

12) balls [bɔ:ls] n. <粗> 胡说八道, 一团糟

13) haphazardly ['hæp'hæzədli] adv. 偶然地, 随意地

14) delivery [dɪ'lɪvəri] n. 讲话, 陈述, 演讲

15) stilted ['stɪltɪd] adj. 不自然的, 做作的



3. Shooting: The key here is quantity. You haven't written any funny lines yet, but if you get enough footage of the actors saying things, chances are some of the things they say will be funny.

A few tips:

- Remember to change locations once in a while. This will give your film what experts call "story structure."
- Tried filming a scene straight? Try it drunk!
- Tried filming a scene drunk? Try it high!
- Remind your actors to include plenty of ¹⁰⁾juvenile ¹¹⁾vulgarity: ¹²⁾balls, farting, calling each other gay ... it's all comedy gold.

3. 拍摄: 这里的关键是数量。你还没有写出什么搞笑的台词, 但是如果你拍摄的演员说话的片段足够多的话, 那么有可能他们所说的一些东西是非常搞笑的。

几个小技巧:

- 记住要不时地变换拍摄场地。这样你的影片里就有了专家们所谓的“故事结构”。
- 试过清醒地拍摄某个镜头? 那喝醉了再拍!
- 试过喝醉了拍摄某个镜头? 那喝高了再拍!
- 提醒你的演员们要做出一些幼稚粗俗的行为, 例如: 胡说八道、放屁、互称为同性恋……这都是喜剧的黄金法则。



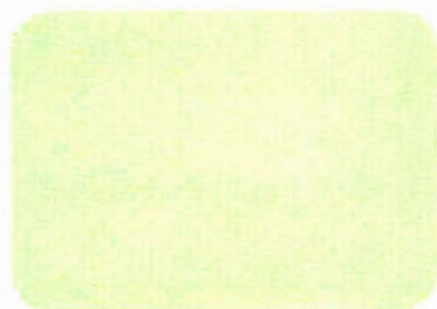
4. Editing: This is where the funny comes together. The trick is to sift out the few funny line deliveries in each location and string them together ¹³⁾haphazardly. This creates a "scene." Edit a number of scenes, put them in rough order, and you've got yourself a movie. But how to tell which lines are funny? You may be tempted to judge a line based on the words being said, what they mean, etc. This is the "content" of the line, and is unimportant. Funny doesn't come from people spouting clever jokes, it comes from people saying things in a funny way. And because the actors were improvising their lines, a lot of ¹⁴⁾deliveries may be awkward, ¹⁵⁾stilted, or contain false starts or stuttering. This is comedy. 

4. 剪辑: 在这里就要将所有的搞笑情节拼接起来, 其诀窍就是筛选出分散在各个场地的一些搞笑台词, 并将它们随意地串联起来。这就创造出了一个“场景”。剪辑出一些场景并把它们粗略地排列起来, 这样一部电影就制作出来了。不过怎么才知道哪些台词是搞笑的呢? 你可能会试着按照所用的字词来评价这句台词, 它们是什么意思之类的, 即一句台词的“内容”, 而那偏偏是不重要的。所谓搞笑并不是来自于人们滔滔不绝地俏皮说笑, 而是来自于人们以一种搞笑的方式说话, 而且由于演员们是临时拼凑出自己的台词的, 因此许多话可能显得别扭、生硬, 或抢台词、结巴。而这, 就是喜剧! 



“山寨”也疯狂

THE

POWER OF ¹⁾ PARODY

文字难度: / / / / /

■ Author Unknown

Terry 译

说起2008年最炙手可热的词,“山寨”肯定是榜上有名。自当年的“馒头的血案”开始,全民娱乐之风日涨。2008年,我们就见证了“山寨”以汹涌之势,从手机蔓延到各个角落,从山寨礼服、山寨广告、山寨明星,到山寨春晚,事无不可山寨。不管你对山寨文化是嗤之以鼻还是一笑而过,这场山寨风来得很疯,很娱乐,还很有创意。

——Terry

It has been a long-standing practice to ²⁾poke fun at our cultural icons, symbols, public figures and celebrities. A parody exists when one imitates a serious piece of work, such as literature, music or artwork, for a humorous or satirical effect. Parody, as a method of criticism, has been a very popular means for authors, entertainers and advertisers to communicate a particular message or point of view to the public. While a ³⁾Saturday Night Live ⁴⁾send-up of ⁵⁾Sarah Palin or YouTube post of Britney Spears' *Womanizer* may be ⁶⁾hilarious to one person, it may ⁷⁾hit too close to home for another who may find the whole thing utterly offensive. One thing is for sure, if you take things too seriously, parody can ⁸⁾pack ⁹⁾one hell of a punch.

拿文化偶像、标志、公众人物和名人来开涮,历来有之。以严肃题材,如文学、音乐或者艺术作品等作原型加以模仿,以达到幽默或讥讽效果,谓之恶搞。恶搞,作为一种评论方式,已经成为备受作家和娱乐界及广告界人士青睐的手法,藉以向大众传达某种特殊信息或观点。《周六夜现场》上演模仿萨拉·佩林的段子,YouTube上小甜甜的《女人玩家》的恶搞MV,这些也许会让人觉得滑稽逗趣,但也可能几乎击中某些人的要害,他们对此反感至极。但有一点可以肯定:你要是把事情看得太认真,恶搞的震撼力可就大了。

Obama Double

Obama's popularity has really spread around the world. Everything from streets, hotels, and even people are being named after the new President of the United States.

For one photographer in Indonesia, it is not the name Obama that has thrown him into almost instant fame, but rather his face.

Ilham Anas bares a striking resemblance to the President Barack Obama in a recent commercial.

The whole thing initially started as a joke for Ilham.

"When Obama won, my colleagues played a joke on me—they made me wear a suit, a tie, and took pictures of me posing as Obama," said Ilham.

"The pictures spread very quickly on the Internet. It was ¹⁰⁾phenomenal. Then TV stations and an advertising agency got in touch with me."

Ilham says he is often mistaken for Obama and people ask to take pictures with him.

"I never thought I would be a star in a commercial, then this happened. It's very fortunate," Ilham said.

当山寨遇上奥巴马

“奥巴马热潮”已经席卷全球。从街道、酒店、甚至到大众，一切一切都给冠上了这位美国新任总统的名字。

而对于一位身在印度尼西亚的摄影师而言，让他一夜成名的，不是“奥巴马”这个名字，而是他那张酷似奥巴马的脸。

伊尔哈姆·阿纳斯最近在一个广告中亮相，其外貌竟然和美国总统巴拉克·奥巴马的惊人地相似。

这一切都始于一个玩笑。

“奥巴马在选举中胜出的时候，我的同事们拿我开了一个玩笑——他们让我穿上西装，打上领带，然后让我摆出奥巴马的姿势拍照。”伊尔哈姆说。

“这些照片在网络上飞速散播，轰动一时。然后，电视台和广告公司就找上门来了。”

伊尔哈姆说人们常常误以为他是奥巴马，还要求跟他合影。

“我从来没想到能成为广告明星，但这真真实实地发生了。我真走运。”伊尔哈姆说。

1) parody ['pærədi] n. 模仿滑稽作品，拙劣的模仿

2) poke fun at <口> 拿(某人)开玩笑

3) Saturday Night Live 《周六夜现场》，NBC的王牌节目，开播于1975年，是一档喜剧秀，曾22次获得艾美奖

4) send-up <口> 通过模仿取笑或讽刺，这里做名词词组用

5) Sarah Palin 萨拉·佩林，美国阿拉斯加州州长，美国前共和党副总统候选人，曾参加“阿拉斯加小姐”选举并获得第二名

6) hilarious [hi'læriəs] adj. 欢闹的，滑稽的

7) hit home 击中要害，说到点子上

8) pack a punch 一拳重击

9) one hell of a <口> 糟糕的，坏透的

10) phenomenal [fɪ'nɒmɪnəl] adj. 轰动的



雷区

2008年山寨作品层出不穷，其中不乏雷人之作，我们不妨在此重温一下。不过，还是要提醒各位读者，雷区，小心慎入！

1. 英文版《说句心里话》：Say a Word in Heart

<http://www.xcar.com.cn/bbs/redirect.php?tid=8970842&goto=lastpost>

2. 山寨版搜索引擎“百谷虎” <http://www.baigooohoo.com/>

3. 山寨版红楼梦 <http://news.sina.com.cn/s/p/2008-10-20/163116489308.shtml>

4. 山寨版春晚 <http://www.ccstv.net/>

5. 山寨版周杰伦拍广告 <http://you.video.sina.com.cn/b/15905813-1361957984.html>

“山寨”从何而来？

“山寨”一词源于广东话，是一种由民间IT力量发起的产业现象，其主要特点为仿造性、快速性、平民化，主要表现为通过小作坊起步，快速模仿成名品牌，涉及手机、数码产品、游戏机等不同领域。



Tina Fey 山寨版佩林



正版佩林

更多阅读：

<http://www.nytimes-se.com> 山寨《纽约时报》网站

<http://www.9thome.com/xq/shanzhai/> 山寨社区

Iraq War Ends? Just Kidding!

A fake edition of *The New York Times* distributed in the end of 2008 by left-winged activities delivered an unusual ¹¹⁾ **dose** of extremely happy news.

The parody announced the end of the wars in Iraq and Afghanistan as well as progress toward reversing global warming and U.S. economic ¹²⁾ **woes**.

The activists behind the parody publication said they handed out 1.2 million copies of the 14-page paper, which was dated July 4, 2009.

A clone of the *Times* website sprang up as well hosting ¹³⁾ **unabashedly** hopeful headlines like “Troops to Return Immediately” and “National Health Insurance Act Passes.”

The real *Times* responded to the ¹⁴⁾ **spoof** on its City Room blog, calling the publication “an elaborate ¹⁵⁾ **hoax**.”

Hundreds of independent writers, artists, and activists are claiming ¹⁶⁾ **credit** for an

《纽约时报》也山寨

由美国左翼活跃分子于2008年年末派发的一份山寨版的《纽约时报》，向美国民众发布了一批不同寻常“苦”却又异常振奋人心的消息。

这份山寨版的报纸宣称伊拉克和阿富汗的战事已经结束，同时，美国在逆转全球变暖现象以及重兴本国经济方面的努力已取得了成效。

策划这期山寨版《纽约时报》的人士说，报纸包含了14页的内容，共派出了120万份，其标注的出刊日期是2009年7月4日。

《纽约时报》网站的山寨版应声而现，大肆甩出充满希望的头条标题——“海外美军即将归来”，还有“美国医疗保险法案通过”等。

而正版《纽约时报》在其博客频道“城市空间”中对这次的忽悠事件做出回应，称这份山寨出版物是个“别出心裁的恶作剧”。

数以百计的独立作家、艺术家和激进分子宣称曾为这次的“壮举”献力。这份《纽

elaborate project, 6 months in the making, in which 1.2 million copies of a “special edition” of the *New York Times* were distributed in cities across the U.S. by thousands of volunteers.

The papers were headlined with long-awaited news: “IRAQ WAR ENDS.” The edition, which bears the same look and feel as the real deal, includes stories describing what the future could hold: national health care, the abolition of corporate ¹⁷⁾lobbying, a maximum wage for CEOs, etc. There was also a spoof site, at <http://www.nytimes-se.com/>.

“We wanted to experience what it would look like, and feel like, to read headlines we really want to read. It’s about what’s possible, if we think big and act collectively,” said Steve Lambert, one of the project’s organizers and an editor of the paper.

The people behind the project are involved in a diverse range of groups, including The Yes Men, the Anti-Advertising Agency, CODEPINK, United for Peace and Justice, Improv Everywhere, and Evil Twin.

In response to the spoof, the *New York Times* said only, “We are looking into it.” Alex S. Jones, former *Times* reporter who is an authority on the history of the paper, says: “I would say if you’ve got one, hold on to it. It will probably be a collector’s item.”

The power of parody lies in the fact that the text or work that is being parodied is not always at the heart of the parody itself. In most cases, the chosen text is merely a vehicle to distribute a much larger message. While it may make us giggle, look deeper and you will often find a truth that is anything but funny. 

约时报》“特别版”的编辑出版工作历时6个月，印量为120万份，由几千名志愿者在美国全国各个城市分发。

该报的头版头条是人们期待已久的消息——“伊拉克战争结束了”。这份山寨版的时报，无论视觉上还是手感上都与正版无异，里面还刊登了描述未来前景的文章，内容包括全国医疗保险，废除法人组织游说制度，为首席执行官的薪酬设上限等问题。此外，还有一个山寨网站，网址为<http://www.nytimes-se.com/>。

“我们想要体验一下，真能看到自己期盼的新闻头条时会是什么效果和感受。为的是看看，如果我们敢于妙想天开，群策群力，会有什么发生。”史蒂夫·兰伯特说，他是这次活动的组织者之一，也是报纸的编辑之一。

这次活动的参与者来自不同的组织，包括“应声虫”，“反广告组织”，“粉色密码”，“和平和正义联合会”，“处处改进”，和“邪恶双子星”等。

对于这次的恶搞，《纽约时报》只是轻描淡写地回应说：“我们会深入调查该事件。”前《时代周刊》记者亚历克斯·S·琼斯——该报一位资深权威人士，这样评价道：“我想说，如果你拿到这么一份山寨版时报，要好好保存。它很可能会成为一件收藏品。”

恶搞的力量在于，被模仿的文字和作品本身并不总是恶搞的关键。原作常常只是一个载体，用来传达更深刻的信息。在你咯咯傻笑的时候，看深一层，你往往会发现一个深刻道理，绝非滑稽可笑。 

11) dose [dəʊs] n. <口> (尤指苦药一般的事情的) 一份，一次，一番

12) woe [wəʊ] n. 作复数形式用时表“灾祸”、“麻烦”

13) unabashedly [ʌnəˈbæʃtli] adv. 毫不害羞地

14) spoof [spuːf] n. <俚> 戏弄，哄骗

15) hoax [həʊks] n. 恶作剧，愚弄

16) credit [ˈkredɪt] n. 功劳，荣誉

17) lobbying [ˈlɒbrɪŋ] n. 游说



New Zealand PM's Broken Arm Leads to a Windfall(意外之财) for Charity

■ From AFP

New Zealand Prime Minister John Key has raised \$9,490 for charity by selling in an Internet auction the plaster **cast**(石膏模型) that helped to mend his broken right arm.

The funds will be donated to The Fred Hollows Foundation, which operates blindness-prevention programmes in the **Solomon Islands**(所罗门群岛, 西太平洋中的一个群岛).

"I was very surprised it got to that... but I am delighted," Key said when the auction closed.

Key broke his arm in two places when he fell at a **function**(庆典) in **Auckland**(奥克兰, 新西兰最大的城市) on January 17th. During a later trip to **Papua New Guinea**(巴布亚新几内亚, 太平洋西南部的一个岛国) for a Pacific Islands Forum meeting, which included a **stopover**(中途停留) in the Solomon Islands, the cast was signed by several **dignitaries**(显要人物). At the suggestion of officers working with the Regional Assistance Mission to Solomon Islands, Key agreed to auction the cast to raise money for the foundation.

"The money raised from the sale of Mr Key's cast will go towards funding two surgical **outreach**(扩大服务项目) visits to remote parts of the Solomons this year," the foundation said in a statement. "During the last two surgical visits Fred Hollows' eye doctors restored the sight of nearly 100 people."

There are an estimated 5,000 blind people in the Solomon Islands, mainly needing **cataract**(白内障) surgery. A further 15,000 suffer poor vision from cataracts and need glasses. 

Frozen Chicken Brings Cafe Thief Undone

■ From Reuters



A thief who used a frozen chicken as a tool to break into a cafe was caught after he cut his wrist and was forced to phone an ambulance, Australian police said recently.

The man stole the chicken during an earlier **break-in**(非法闯入) at a butcher's shop at Macksville, north of Sydney, but **came off second best**(被击败) when he tried to use the frozen bird and some rocks to break into a cafe, **slashing open his wrist**(割脉).

"He thought he was dying," a police spokesman told Reuters. "The 20-year-old man dialed an emergency 000 number to call an ambulance and was arrested shortly after being treated by **paramedics**(护理人员)," he said.

The man was charged with **breaking and entering**(强行侵入他人住宅或办公室等的犯罪行为) and was due to face a local court later. 



主题札记

“你不能左右天气，但可以改变心情；你不能控制他人，但可以掌握自己。”

还记得小时候曾在某本书上读到过这段话，虽然当时还不甚明了其中的意义，却珍而重之地将它抄到了自己的笔记本上，感觉自己忽然间长大了许多。等到真正长大后，经历了各种人生际遇、世相百态，才发现原来越是简单的话语越有力量，应该刻在心里而不是写在纸上。

总说光阴如流水，仿佛一夜之间我们就长大成人了，小时候曾经有过的远大理想、壮怀激烈早已在朝九晚五地行色匆匆中被抹杀得毫无痕迹，这时才恍然觉醒原来我们既不是神仙也不是超人，没有了谁太阳仍会照常升起，地球依然不停转动。时常揣想，假如在某年某月的某一天自己做出的是一个不同的选择，今天一早打开门的会不会是另一个不同的自己呢？她正在过一种什么样的生活呢？

或许我们不能改变世界，但我相信我们能够改变自己，能够从现在开始去过一种自己想要的生活。行动起来吧，想想你曾经有过的美丽梦想，相信明天你就会变成另一个自己！

——小狐

云淡风轻 慢生活 Slow Down and Live

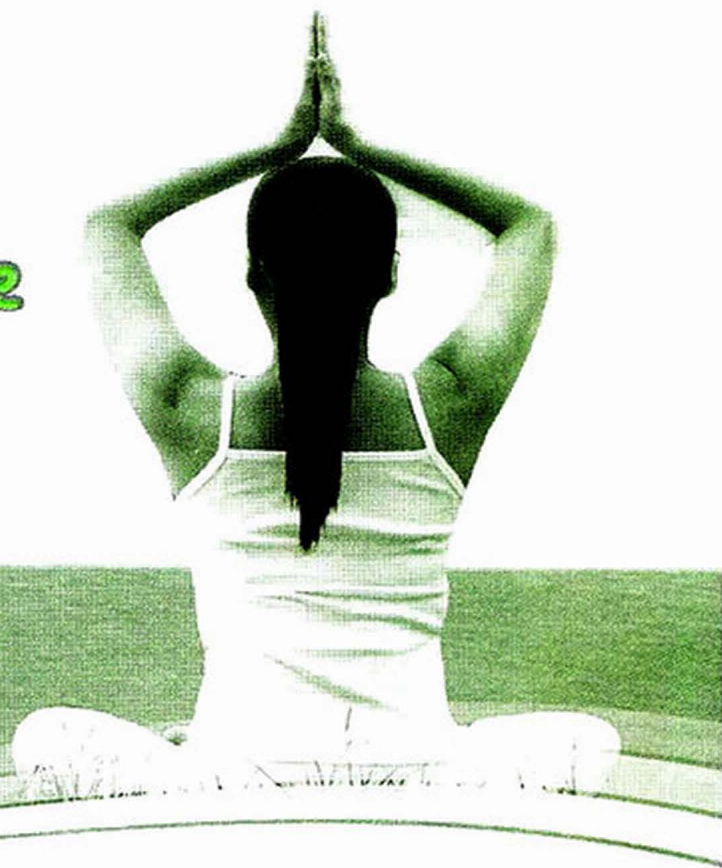
文字难度：■■■■■

■ By Chris Gonzalez

小狐译

Track 4

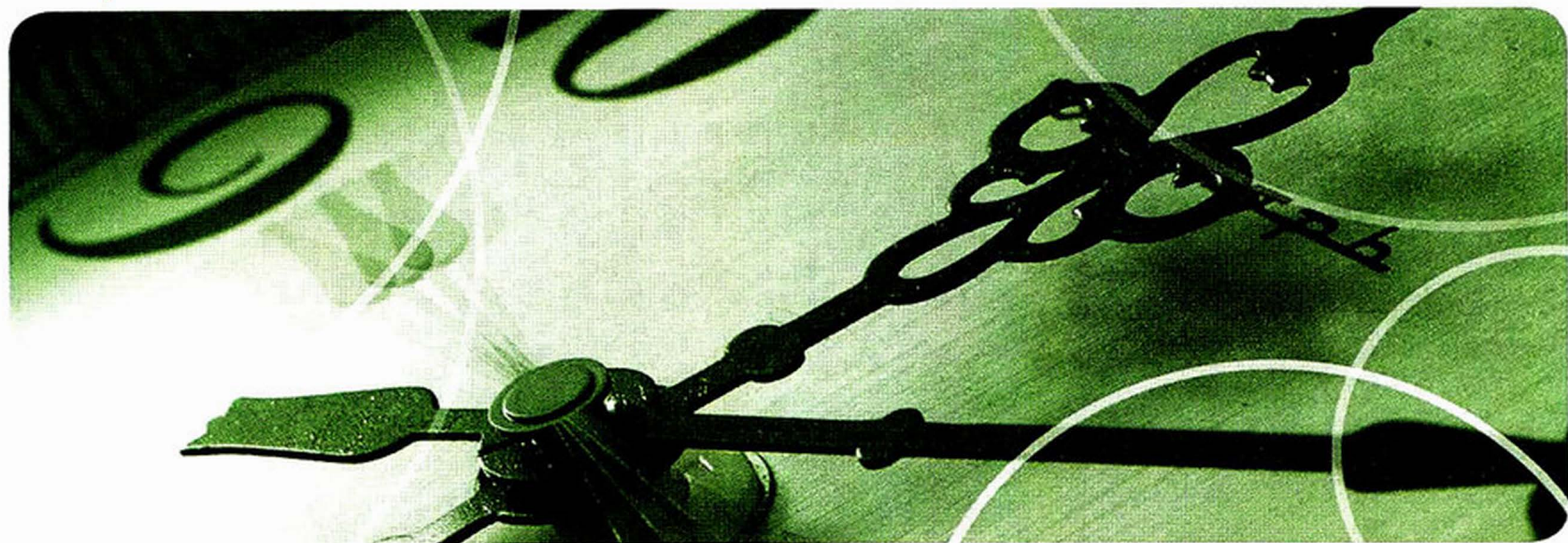
MP3 www.topenglish.net



慢，并不是懒惰，而是一种态度；慢，并不是拖延，而是一种平衡。在这个天天嚷嚷着“时间就是金钱”的快节奏社会里，慢生活则是一种优雅的回归。从明天起，慢慢地吃，轻松地工作，用心去聆听，投入地去爱，温婉地交际，做一个幸福的人……

I hate the word “multitasking”. To me it sounds like doing lots of things all at once, only doing them all very badly and feeling like an exhausted failure when it's over. It gives me the feel of “hurry and do everything now because everything else is waiting.” I see the evil taskmaster with arms crossed and foot tapping. Yet the ability to

我痛恨“一心多用”这个词。对我来说，它听起来就像是要同时干很多件事情，只不过全都完成得不怎么样，而且做完之后只觉得筋疲力尽，失败透顶。它给我的感觉就是“快点把手头上的活全干完，因为后面还有好多事在等着呢。”我甚至能看到那邪恶的工头站在面前，双臂



multitask is ¹⁾**exalted** in our ²⁾**rabid**, hyper-paced consumer culture. Well, I for one, ³⁾**am sick and tired of** feeling like some sort of lazy ⁴⁾**shlepper** for being a lousy multitasker. Maybe other people get some kind of real jolt from going in eight directions at once, but I don't. So, I'm done with it. I quit.

Why must there be so much hurry? Is there really that much to miss? Rush, rush, rush—I'm running late, red light, brakes, coffee, spill, @&*\$. Puh-lease! The reason there is so much pressure and stress on us and the reason we are running late has to do with the fact that we are ⁵⁾**cramming** 37 hours of work, events, activities, etc into an ⁶⁾**itty-bitty** little 24 hour day. I even heard of a church that starts its Sunday morning ⁷⁾**services** at 6:30 AM because its supercharged members don't want it to get in the way of their very productive, all-important day, packed with supercharged activities. That right there is a sin if you ask me.

This kind of frantic and crazy, overly concentrated life, makes me want to just ditch society for a while and live as a ⁸⁾**hippy**. No, not the pot smoking kind of hippy, but the kind that has time to sit on old couches in a small apartment and talk with friends. The kind of hippy that gets infrequent haircuts and ponders poetry and thinks about art. The kind of hippy who eats raw corn, right off the cob, picked from a nearby farm. I am thinking about a slow life where ⁹⁾**sleeping in** is normal and soaking in the meaning of life is valued. I want to smell the roses.

交叉，脚尖打着拍子。但是在我们这个狂热而躁进的消费文化中，多重任务处理的能力却为人所崇尚。一心多用不成便自觉像个懒散笨蛋似的，嗯，这种感觉，我是很厌倦的了。或许其他人对于一次奔向八个方向乐此不疲，可我却不然。所以，我不干了。我退出！

为什么非要这么匆忙呢？真的有那么多的东西要错过吗？冲啊、冲啊、冲啊——我要迟到了，红灯，刹车，咖啡，溢出来了，@&*\$(骂脏话)……拜——托！我们之所以压力那么大、那么紧张，我们之所以害怕迟到，是因为我们把37小时的工作、事情、活动等等，全硬塞到那极为有限的一天24小时中。我甚至听说有间教堂把星期天早晨的礼拜仪式提前到清晨6点半开始，因为那些日理万机的教会成员们一天的活动安排密密麻麻，分秒求成，至关重要，不想礼拜仪式对此有半点耽误。如果你问我，我得说那是一种罪恶。

这种狂乱而高强度的生活让我想要暂时逃离这个社会，像个嬉皮士一样去生活。不，不是那种抽大麻的嬉皮士，而是那种有时间坐在小公寓的旧沙发上与朋友聊天的嬉皮士。那种不常剪发、沉迷于诗词、爱思考艺术的嬉皮士。那种啃着从附近农场里的玉米秆上刚掰下来的生玉米的嬉皮士。我在考虑要过一种慢生活，在这种生活里，睡过头是件很正常的事情，而沉浸在生活的意义当中是备受尊重的。我想要闻闻玫瑰的幽香。



延伸阅读——《瓦尔登湖》

《瓦尔登湖》(Walden; or Life in the Woods), 又名《丛林散记》, 是美国作家亨利·大卫·梭罗(Henry David Thoreau, 1817—1862)所著的一本著名散文集, 出版于1854年。梭罗认为人除了必需的物品以外, 即使一无所有也能在大自然中愉快地生活。于是他在1848年拿了一把斧头, 到康科德郊外的林中自己搭建了一座小木屋, 然后每年劳动6周, 其余时间用来阅读和思考。

《瓦尔登湖》就记叙了他这一时期的所见所闻和心得体会。

本书从春开始描述, 历经了夏、秋和冬, 又以春结束, 正是一个生命的轮回。宁静、恬淡而睿智是本书最大的特点, 它分析生活, 批判世俗, 语语惊人, 字字闪光, 耐人寻味; 它描绘风景, 优美细致, 如湖水般纯洁透明, 像山林般茂密翠绿, 以自然之美给读者带来心灵的升华。

¹⁰⁾ **Good grief, smell the roses? Does anyone even know where the roses are? Caught up in this crazy life, even the thought of roses is like an echo of a legend I hardly remember from once upon a time. Smell the roses? I wouldn't even know where to start sniffing. And that is the problem, isn't it? Can we get so busy that the stuff of life gets misplaced, misused, or forgotten?**

Do you sometimes feel like you are in such a hurry that you can't get anything done? Well, there is a reason for that. There are some things that you actually cannot do while in a hurry. Below is my list of things I cannot do while I am in a hurry. Feel free to make your own.

When I am in a hurry, I cannot listen very well. Yes, my ears work fine, but my mind is not very engaged and my heart even less so. How does one hear a child say, "I want to spend time with you," when you are on the run?

Another thing I cannot do while in a hurry is be wise. Wisdom does not drive me when I am in a

天哪! 闻闻玫瑰? 有人知道哪里有玫瑰吗? 陷入这种疯狂的生活, 连“玫瑰”这个念头也只像我几乎想不起来的某个久远传说的一声回响。闻闻玫瑰? 我甚至都不知道从哪里开始嗅起。而这就是问题的所在, 不是吗? 我们真的要这么忙碌, 以至于连构筑人生的素材都会被放错位、错用, 或者被遗忘吗?

你会不会有时觉得自己太匆忙了, 以至于什么都做不成? 嗯, 这是有原因的。实际上, 有些事情的确是匆匆而就的。下列是我在匆忙之间不能做到的事情。你也大可列出你的事项。

当我赶时间的时候, 我的听力就会出问题。没错, 我的耳朵没什么问题, 但是我的思想却不怎么集中, 甚至更加心不在焉。当你在疲于奔命的时候, 你怎么听得见孩子说: “我想要和你在一起。”

另一件在我赶时间的时候做不到的事就是英明决断。在我匆忙的时候, 行

- 1) exalt [ɪɡˈzɔːlt] v. 褒奖, 吹捧
- 2) rabid ['ræbɪd] adj. 狂暴的, 激烈的
- 3) be sick and tired of 对...十分厌倦
- 4) shlepper ['ʃlepə] n. 笨蛋
- 5) cram [kræm] v. 填满
- 6) itty-bitty 极小的

- 7) service ['sɜːvɪs] n. 礼拜, 宗教仪式
- 8) hippy ['hɪpi:] n. 等同于hippie, 嬉皮士, 反对并且拒绝社会传统的标准与习俗的人
- 9) sleep in 迟起床, 睡过头
- 10) good grief (表示诧异、吃惊、恐惧的感叹语) 哎呀! 天哪!



hurry. Instead, I am driven by the next thing, no matter what it is.

I cannot relax while in a hurry. Relaxing and being in a hurry are exact opposites, ¹¹⁾methinks. To some people, sleep gets in the way of life. I'm different. Life gets in the way of naps, and that is a problem.

Finally, I cannot parent while in a hurry. At least I cannot do it very well. What I am finding with children is that they are fast when they should be slow and slow when they should be fast. Or maybe I'm the one who has it messed up. Either way, I'm out of ¹²⁾sync with my children when I hurry too much. Parenting works best for me at the speed of nurture, which is not very fast.

Slowing down and doing only important things can really breathe some life into an ever-suffering existence. Most of the urgent things that "require" our hurry are the enemy. Stop multitasking and start living. 

动完全不受智慧所指，相反，我被下一件事情驱赶着，不管它是什么事。

赶时间的时候，我也无法放松。在我看来，放松和赶时间是完全对立的。对于某些人来说，睡觉妨碍了他们的生活。我却不这么想。我认为是生活妨碍了打盹，这可是个大问题。

最后，忙碌仓促之时，我无法尽到做家长的责任，至少我不可能做得很好。对于孩子，我的发现是，在该慢的时候他们却飞快，而该快的时候他们偏又慢吞吞。或者，也许是我把一切弄得一团糟。怎么说都好，反正当我太急太快时，就无法和我的孩子们同步。对于我来说，为人父母，仿效栽培植物的速度，不太快的速度，效果才是最佳的。

放慢速度，只做重要的事情确实能为长久以来苦不堪言的生活注入一丝活力。大多数“要求”我们匆忙完成的急事实为生活的敌人。停止“一心多用”，开始生活吧！

The self is not something ready-made, but something in continuous formation through choice of action.
—John Dewey



CNN PRESENTS TIPS TO LIVE A SLOW LIFE

- Drink more tea—making a cup of tea is the perfect pursuit and displacement activity to ¹³⁾idly consider absolutely nothing and everything. Chinese philosopher Lao Tzu called it an essential ingredient in the ¹⁴⁾elixir of life, so it can't be bad.
- Walk more—what could be better than moving at a pace nature intended and getting some fresh air round your ¹⁵⁾chops. You'll see much more than by taking public transport or driving.
- Realize that time is nothing more than an abstract concept used to measure the distance between two points, it's ¹⁶⁾futile and pointless to even consider “beating” it, so don't try.
- Watch ¹⁷⁾cricket—don't worry about the rules, it's a game that takes five days to play and at the end there often isn't a winning team. As a ¹⁸⁾spectator sport it's as much about watching the grass grow as appreciating a fine ¹⁹⁾cover drive.
- Take up cabinet making—you can't rush a good piece of furniture.

- 多喝茶——泡杯茶喝是一种绝佳的消遣，能让你放下手边的事，慵懒地什么都不去想，或者什么都想想。中国的哲学家老子称之为长生不老药的必要成分，所以它绝对不坏。
- 多走路——还有什么能比以自然的速度走动，并向你的体内注入些新鲜空气更棒的事情呢？你会见到更多风景，那是你乘公共交通工具或开车时看不到的。
- 认识到时间不过是一种抽象的概念，是用来丈量两个时刻之间的距离的。哪怕就是想想要“打败”它，也是徒劳且无意义的，所以就不要去试了。
- 看板球——不要担心那些规则，那不过是一场比赛，一般各队要花五天的时间去比拼，而到最后通常没哪个队能获胜。作为一种观赏性体育项目，欣赏一个漂亮的右击球就和观看小草生长的感觉差不了多少。（小编闲话：当然在板球运动不流行的中国，你喜欢什么运动就去看什么吧！）
- 自己动手做橱柜——做一件漂亮家具是不能一蹴而就的。（小编闲话：同理，DIY一切你能做的东西。）

11) methinks [mɪˈθɪŋks] v. 我以为，据我看来

12) sync [sɪŋk] n. 同时，同步

13) idly [ˈaɪdlɪ] adv. 慵懒地，空闲地

14) elixir [ˈɪlɪksə] n. 不老长寿药

15) chops [tʃɒps] n. 嘴

16) futile [ˈfjuːtaɪl] adj. 无用的

17) cricket [ˈkrɪkɪt] n. 板球

18) spectator sport 观赏性体育项目

19) cover drive 右击球，一板球术语



Track 5

超越梦想无极限

Fly High into the Sky

文字难度: / / / / /

Author Unknown

小狐 译

每天朝九晚五的生活让你郁闷？没完没了的学习让你厌倦？或许生活就是这样，或许不是！你也有机会去改变，你也可以让自己的生活显得与众不同，最重要的一点是——你还有梦想吗？今天，就是今天，让我们放下陈规，背起行囊，带着梦想，一起去冒险吧！

“The greatest risk,” it’s been said, “is not taking one”.

More than 5 centuries ago, Leonardo da Vinci dreamed of taking to the air in a ¹⁾parachute. Misunderstood in his own time, and ²⁾scoffed at by later generations of scientists, Leonardo’s design was never tested.

Katarina Ollikainen is a thrill seeker; ³⁾adrenaline is her ⁴⁾life blood, risk her constant companion. Together with her life partner, Adrian Nicholas, Katarina spends her days at the furthest limits of human experience. Now they are about to embark on a journey across time and space. They are about to bring Leonardo da Vinci’s dream to life.

Adrian and Katarina’s quest for new sensations has led them to develop new and better ways of ⁵⁾skydiving. As Adrian says, “If going on a boat isn’t swimming, then going in an airplane isn’t flying”. Katarina designed the wing suit, which catches the air around it like a bird’s wing. Based on an idea by the legendary skydiver

据说，世界上最大的冒险就是不去冒险。

在五个多世纪以前，里奥纳多·达·芬奇就已经梦想着要用一顶降落伞翱翔于天空了。然而在他所处的那个时代，他不仅得不到人们的理解，还被后辈的科学家们嘲笑，所以里奥纳多的设计稿一直没有机会得以实践。

凯特琳娜·欧勒凯宁是一个热衷于探险的人，肾上腺素就是她的生命力所在，冒险是她忠实的伴侣。凯特琳娜与她的终身伴侣艾德里安·尼古拉斯一起将他们的一生都花在了体验人类至高极限的活动上。现在他们将要开始一段穿越时空的旅程——他们要将里奥纳多·达·芬奇的梦想变为现实。

艾德里安和凯特琳娜对于新感知的追求使得他们研究出了全新的也是更好的高空跳伞方法。正如艾德里安所说：“如果说划着小艇不能算是在游泳，那么乘着飞机也不能算是在飞翔。”凯特琳娜设计的这套带翼的服装能像鸟的翅膀一样划过空气。艾德里安和凯特琳娜的想法来源于具有传奇色彩的特技跳伞家帕特里克·德·盖伊阿登，他们的

⁶⁾Patrick de Gayardon, Adrian and Katarina's goal is to turn falling into flying. The technology and materials are ⁷⁾cutting edge, but the dream is timeless, as Adrian and Katarina forge ahead on a trail ⁸⁾blazed first by Leonardo da Vinci.

In a small Italian town in the year 1452 one of history's greatest and boldest minds was born. Leonardo's great fame endures thanks to what is probably the most famous painting in the world, the *Mona Lisa*. But Leonardo actually left precious little art behind compared to his vast array of scientific and engineering drawings and studies. No subject was beyond the reach of his curiosity and insight. He dared to ⁹⁾dissect the human body in order to better understand it and to learn to heal it. He designed countless possible and impossible devices, many that wouldn't be invented for hundreds of years. But there was one vision that he cherished above all others. He believed that some day human beings would fly. "And once you have tasted flight", he said, "you will walk the earth with your eyes turned skyward, for there you have been and there you long to return."

Adrian Nicholas is a ¹⁰⁾renaissance man for the 21st century; television host, pilot, race car driver, deep sea diver and the world record-holder for the longest unassisted human flight. Wearing the wing suit, Adrian flew over 16 kilometers, or

目标就是要将降落变为飞翔。他们所用的技术和原材料都是最先进的，而他们的梦想却是超越时空的，艾德里安和凯特琳娜正沿着由里奥纳多·达·芬奇最先点燃的轨迹稳步前进。



1452年，在一个意大利小镇上，历史上最伟大也是最勇敢的人物之一诞生了。里奥纳多的盛名由于那幅名为《蒙娜丽莎》的名画而被传颂至今，它也许是世界上最著名的画作吧。但是同他不计其数的科学和工程

图样及研究相比，里奥纳多留下的艺术作品实在是少得可怜。他的好奇心和洞察力延伸到了一切科学领域。为了更好地了解人体并学习治疗之道，他敢于解剖人体。他设计出了无数的装置，有些可行，有些不可行，但许多他所构想的装置在他死后几百年都没人能发明出来。然而有一个梦想是他最珍爱的——他相信终有一天人类能够飞翔。“而一旦你尝试过飞翔的滋味，”他说，“以后你在地面行走时，你也会禁不住将目光转向天际，因为你曾经到过那里，而你也渴望着再次回归。”

艾德里安·尼古拉斯虽然生活在21世纪，却非常多才多艺——他既是一名电视节目主持人，又是飞行员、赛车手、深海潜水员，还是人体空中独立飞行最长时间的世界纪录保持者。艾德里安穿着这套带翼的服装在空中飞行了16

1) parachute ['pærəʃu:t] n. 降落伞

2) scoff at 嘲笑，藐视

3) adrenaline [ə'drenəli:n] n. 肾上腺素

4) life blood 生命力

5) skydiving ['skaidəvɪŋ] n. 跳伞运动

6) Patrick de Gayardon 帕特里克·德·盖伊阿登，跳伞界的传奇人物，史上第一个穿着现代化的带翼跳伞服的人，1998年于美国夏威夷死于一次试飞故障

7) cutting edge 刃口，最先进的技术

8) blaze [bleɪz] v. 燃烧，照耀，激发。blaze a/the trail 开辟道路

9) dissect [dr'sekt] v. 把...解剖

10) renaissance man 多才多艺的人



10 miles. The average skydive lasts about 55 seconds. Adrian remained airborne for 4 minutes and 55 seconds. The jet engine sound you hear is the actual sound of human flight recorded live. The wing suit creates enough lift to keep Adrian aloft while allowing him to reach a forward speed up to 120 miles per hour.

At least one in six people are afraid to fly in a jet plane, and far fewer would ever jump out of one. Adrian has jumped as often as twenty-five hundred times in a year; an average of 7 jumps a day. What causes Adrian's ¹¹⁾insatiable appetite for this kind of extreme sensation?

The margin for error in skydiving is almost non-existent. What looks easy here is really the result of hundreds of practice jumps. Control of the body in this condition isn't something that happens naturally. One awkward move at high speed can end up in a collision. Thus, maintaining clarity of mind during the overwhelming sensation of ¹²⁾free-fall, is the first skill to master.

Risk as a hobby is a modern phenomenon. The most fundamental thing about recreational risk is that seeking, it is a uniquely human trait. No other animal puts its life in danger for fun. Risks worth taking are limited only by the imagination. But our relation to risk is defined by perception first. In the part of the brain that controls risk response, reality and imagination are the same. It's why dreams seem so real. A human being doesn't need to actually be at risk to feel at risk. Imagine you're standing at the edge of a 4,000 foot cliff. Now, get ready to jump, and see if the adrenaline rush happens to you.

Most of us will never jump off a cliff. Few can claim the genius of a Leonardo or the adventurousness of a ¹³⁾base-jumper. But the truth is the risks we take in everyday life are the ones most meaningful to human progress, because while the greatest risks are taken at the

公里(约10英里)。跳伞者在空中保持造型的时间平均为55秒,而艾德里安则在空中保持了4分55秒。你所听到的喷气发动机的声音实际上是人类空中飞行新纪录诞生的声音。这套带翼的服装产生了足够的浮力将艾德里安托起来,让他向前飞行的速度达到了每小时120英里(约193公里)。

在每六个人当中至少就有一个人害怕乘坐喷气式飞机飞行,而愿意从飞机中一跃而下的人就更少了。可是艾德里安通常每年要从飞机上跳下2500次,平均每天7次。究竟是什么让他沉迷于这种极限刺激而永不满足呢?

在高空跳伞运动中几乎不存在任何允许出错的余地。虽然在这里看起来挺简单,但实际上成百上千次的跳伞练习是必不可少的。在这种情况下要控制好自己的身体并不是你自然而然就能做到的。在高速下坠的过程中,一个笨拙的动作就会导致碰撞冲突。因此,在享受自由降落的震撼刺激时保持清晰的头脑,是跳伞者需要掌握的首要技能。

将冒险当作爱好是现代才出现的一种现象。娱乐式冒险活动最基本的一条就是探索,这也是人类的独特特征。除了人类以外,其他的动物不会为了好玩而将自己的生命置于险境。到底有多少我们值得去冒险的活动,只在于你能否想象得到而已。而我们对风险的看法最先基于我们的感知。对于人类大脑中控制风险回应的那部分来说,现实和想象没什么差别。这就是为什么梦境会显得如此真实的原因。一个人不需要真的身处险境才能感觉到危险的存在。想象一下你正站在一个4000英尺(约1.22公里)高的悬崖边缘,现在准备要纵身而下,看看你的肾上腺素是否猛增,心脏是否狂跳不已?

我们中的大多数人是永远都不会去跳悬崖的,更没几个人能宣称自己有里奥纳多的天才或定点跳伞者的冒险精神。但事实上,在每天的日常生活中我们都在经历风险,而它们对于人类的进步都是意义非凡

extreme edges of society, life is most often lived in the quiet centre. And daring to dream of a better life for ourselves and our families is enough to make anyone's heart take flight. Feel ... your ... heart ... beat. 

的, 因为通常当最伟大的冒险在社会的最边缘地带进行着的同时, 人们往往得以在其平静的中心地带生活。而对于我们自己和我们的家庭来说, 敢于去梦想并追求一种更好的生活已经足以让每个人的心跳加速了。去感受……你的……心跳吧! 

11) insatiable [ɪn'seɪjəbl] adj. 不知足的, 贪得无厌的

12) free-fall 跳伞者在降落伞张开之前的自由降落

13) base-jumper 定点跳伞者或低空跳伞者, 这类跳伞属极限运动的一种



10 Easy Steps to Live the Green Life

简易十招,

绿色生活

文学难度: 

■ Author Unknown

小狐 译

所谓“绿色生活”, 是指将环境保护与我们日常衣食住行融为一体的一种全新的生活方式。在物质生活日益丰富的今天, 越来越多的都市人开始选择更为健康的生活方式, 他们骑单车、做瑜伽、穿天然棉麻衣物, 吃有机食品, 做爱护环境、身心健康的乐活族(LOHAS)。其实只要你稍微改变一下自己的生活方式, 你也能成为环保一族。下面小编为你支上十招, 如果你还有什么经验记得要和大家分享哦! ^_^



1. Save Water with Powder¹⁾ Detergents

Liquid laundry detergents are approximately 80 percent water. It costs energy and packaging to bring this water to the consumer.

1. 使用粉状洗涤剂以节约用水

液态洗涤剂的成分中大约有80%是水, 而要将这些水加工成洗涤剂再出售给消费者需消耗能量而且要额外的包装。



2. Change Your Light Bulbs

Replacing 3 frequently used light bulbs with ²⁾**compact fluorescent bulbs** will save approximately 300 lbs. of carbon dioxide.

2. 更换你的电灯泡

将三个你最常使用的电灯泡换成节能型荧光灯泡，这样将少排放大约300磅的二氧化碳。



3. Use Recycled Paper

By switching to 100% ³⁾**post-consumer recycled paper** when printing, you save approximately 5 lbs. of carbon dioxide per ⁴⁾**ream** of paper.

3. 使用再生环保纸

打印时改用100%的循环再利用纸张，每使用一令纸你就能少排放大约5磅的二氧化碳。（小编支招：还提倡双面打印！）



4. Save a Tree

If every household in the United States replaced one box of 85 sheet virgin fiber facial tissues with 100% recycled ones, the savings amount to 87,700 trees. Buy recycled paper products for your living spaces, bathrooms, and kitchen.

4. 挽救一棵树木

如果全美国的每个家庭都能用100%的再生纸来替代一盒85抽的原生纤维面巾纸，那就等于挽救了87700棵树木。请为你的起居室、浴室和厨房购买再生纸产品。

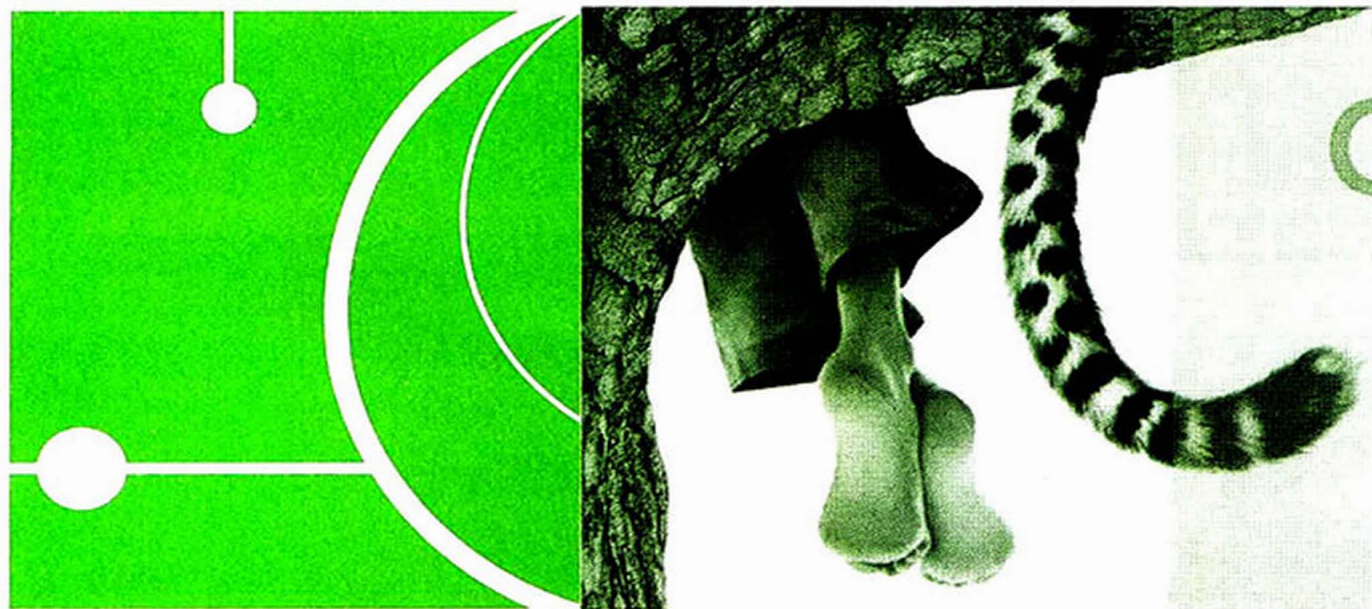


5. Ride Your Bike

For every mile you ride your bike instead of driving a car, you avoid the production of about one pound of carbon dioxide.

5. 骑自行车出行

如果你选择骑自行车而不是开汽车出行，那么每英里你将少产生大约1磅的二氧化碳。



Green
Life



- 1) detergent [di'tɜ:dʒənt] n. 清洁剂, 去垢剂
- 2) compact fluorescent bulb 节能型荧光灯泡
- 3) post-consumer recycled paper 循环再利用纸张
- 4) ream [ri:m] n. 令, 纸张的计量单位, 一般以500张规定尺寸的整裁平版纸为一令
- 5) thermostat ['θɜ:məstæt] n. 恒温器, 温度调节装置
- 6) module ['mɒdju:l] n. 模数, 机型



6. Check Your Water Heater

By keeping your water heater's ⁵⁾thermostat lower than 120°F, you save 550 lbs. of carbon dioxide a year.

6. 检查你的热水器

将你的热水器的恒温器控制在华氏120°F (即摄氏49°C) 以下, 你每年将少排放550磅二氧化碳。



7. Change Your Thermostat

Conserve fuel by turning down the heat at night and while you are away from your home. Setting your air-conditioning thermostat at 76 degrees during the summer will dramatically reduce your electricity bill as well as your carbon dioxide emissions.

7. 调节恒温装置

在夜晚或当你外出时, 调低暖气温度以节约燃料。在夏季将你的空调恒温器设置在华氏76度 (即摄氏24度) 将显著地降低你的电费以及二氧化碳排放量。



8. Manually Mow Your Lawn

Mowing for an hour with a gasoline-powered lawn mower is equivalent to a 350-mile drive in a car. Consider pushing a lightweight reel mower, you'll burn more calories!

8. 人工修剪你的草坪

每使用一小时的以汽油为动力的割草机相当于开汽车行驶了350英里。可以考虑自己推一部轻型卷轴式割草机, 你还能多燃烧点卡路里减减肥呢!



9. Reduce Your Garbage

Buy products with less packaging and recycle paper, plastic, and glass. You can save around 1,000 lbs. of carbon dioxide per year by reducing, reusing, and recycling.

9. 减少垃圾

购买包装简单的物品并循环使用纸张、塑料和玻璃。通过减少用量、反复使用和回收利用, 每年你能少排放约1000磅的二氧化碳。(小编支招: 还有多用环保购物袋, 少用塑料袋!)



10. Fill Your Dishwasher

Run your dishwasher only with a full load. Save approximately 100 lbs. of carbon dioxide per year. Eco-friendly ⁶⁾modules save even more energy and water! 

10. 装满你的洗碗机

只有装满了碗筷才开动你的洗碗机, 这样每年将少排放约100磅的二氧化碳。使用环保型洗碗机将节约更多的能源和水! (小编支招: 同样也适用于洗衣机!) 



Track 6

有梦人生



Your Dreams



as Touchstones

文字难度: / / / / /

By Julie Jordan Scott (writer & life coach)

小狐译

Miss Foley sits on the floor in front of a semi circle of six year olds. “What do you dream of being when you grow up?” she asks the ponytail-wearing girls and freckle faced boys. Bryan doesn’t hesitate, “I am going to be a firefighter like my Uncle Greg. He is SOOOO brave and his truck is SOOOO cool!” Kayla smiles, eyes clear as a bell, “I am going to be a movie star!” She laughs and adds, “I might be a movie star before I grow up.” The other children respond with their future careers being as diverse as Gold Medal winning ¹⁾figure skater for Charlene and professional baseball player for Todd.

As Bryan, Kayla, Charlene and Todd grow and develop, they may realize that these dreams are indeed ²⁾lofty. They may achieve these particular dreams. On the other hand, chances are that these dreams will be out of reach.

弗蕾小姐坐在地板上，一群六岁大的孩子们在她面前围坐成一个半圆形。

“长大之后，你们想成为什么样的人呢？”她问那些扎着马尾辫的小女孩还有满脸雀斑的小男孩。布莱恩毫不迟疑地回答道：“我要做一个消防员，就像我叔叔格雷格一样。他好——勇敢，而且他那消防车好——酷啊！”凯拉微笑着，她眼里的那份纯真如清脆的铃声般纯粹：“我要成为一名电影明星。”她笑着补充说：“说不定不用等到长大，我就已经是一名电影明星了。”其他的孩子们也说出了他们各自对未来职业的梦想，真是五花八门各不相同。沙琳想要成为一名花样滑冰运动员，夺取金牌，而托德则想要做一名职业棒球选手。

随着布莱恩、凯拉、沙琳和托德长大成人并开始各自发展，他们也许会意识到，这些梦想确实都非常高远。他们或许能够实现各自的这些梦想，而从另一方面来说，这些梦想往往高不可攀。



Entering adulthood, they have several choices: they can follow the lead of author ³⁾**Napoleon Hill** and decide to “Cherish your visions and your dreams as they are the children of your soul; the blueprints of your ultimate accomplishments.” They may look deep within their initial dreams and literally give birth to even more powerful, life changing, community and world altering visions. Or, they can decide that dreams are impossible. Not for them.

Todd is attracted to bravery, physical ⁴⁾**prowess**, adrenaline pumping, challenging experiences. If not winning the ⁵⁾**World Series** in the ninth ⁶⁾**inning** of the seventh game, he could follow a career path or create a lifestyle incorporating those experiences. He could rock climb, or ⁷⁾**hang glide**, or teach rock climbing or hang gliding. He could teach baseball. He could play on a community team. He could work as a Stockbroker, or an attorney, or a teacher in a tough neighborhood inspiring students to living full and complete lives. Think for a moment: how could he express the qualities that made him aspire to be a professional baseball player?

As a teen, I had the desire to be the next ⁸⁾**Carly Simon**. As I grew older, I literally fell asleep to that possibility. I would certainly never be as tall as she is, nor would I marry a rock star like her, nor would I form a singing group with my sister. What I did do, though, is realize what it is about my favorite singer that I could ⁹⁾**emulate** through my life.

Carly Simon had a horrible ¹⁰⁾**stutter** and awful stage fright. To combat this, she sang. She started with her sister, Lucy, as the duo “The Simon Sisters.” She ¹¹⁾**parlayed** this into a solo career, singing her way out

长大成人后，他们可以做出一些选择：他们可以跟随作家拿破仑·希尔的指引，决心“珍视自己的远见与梦想，因为那是你灵魂的孩子，是你终极成就的蓝图。”他们可能会深入地探索其最初的梦想，然后据此萌发出更加强有力的愿景，去改变生活、改变社会和全世界。或者，他们也可以断定这些梦想都是遥不可及的，他们无法实现。

托德被勇气、体魄、刺激和富有挑战性的经历所吸引。即使他无法赢得世界职业棒球大赛的第七场第九局，他也可以选择带有那类激烈竞技色彩的职业道路或生活方式。他可以去攀岩，或者悬挂式滑翔，或者教别人攀岩或悬挂式滑翔。他可以教人打棒球。他可以参加某支社区球队。他还可以去当一名股票经纪人，或者一名律师，或者在某个治安混乱的社区当一名教师，激励学生度过充实而完满的人生。想一想：他该如何去表现那些令他渴望成为一名职业棒球运动员的能耐呢？

在十来岁的时候，我也曾想要成为一个卡莉·西蒙。但等我长大之后，我却完全放弃了那种可能性。当然啦，我永远不可能有她那么高，也不可能像她一样嫁给一位摇滚明星，更不可能和我的姐姐一起组建歌唱组合。不过，我能做到的就是意识到，我最爱的歌手身上有些什么是我这辈子可以学习效仿的。

卡莉·西蒙有严重的口吃，而且极其怯场，于是她用唱歌来战胜这一缺点。她开始与她的姐姐露西一起组建了二重唱组合“西蒙姐妹组”。接着她又单飞，独自

1) figure skater 花样滑冰运动员

2) lofty ['lofti] adj. 高高的，崇高的

3) Napoleon Hill 拿破仑·希尔，世界上最伟大的励志大师，他创建的成功哲学和十七项成功原则以及他永远如火如荼的热情鼓舞了千百万人，因此被称为“百万富翁的创造者”

4) prowess ['praʊs] n. 卓越的技能，杰出的才能

5) World Series 世界职业棒球大赛

6) inning ['ɪnɪŋ] n. (棒球、板球的)一局

7) hang glide 悬挂式滑翔，指借助三角翼之类的滑翔机进行高空滑翔

8) Carly Simon 卡莉·西蒙，美国上世纪70年代最著名的女歌手和作曲家之一，出身于纽约一个上层社会家庭，幼年时就与姐姐组建了二重唱组合，曾与歌手James Taylor结婚，发行过多张金唱片

9) emulate ['emjuleɪt] n. 竭力效仿，努力赶上

10) stutter ['stʌtə] n. 口吃，结巴

11) parlay ['pɑ:lɪ] v. 连本带利地赌博，使增值



of her speech ¹²⁾impediment. She did not ¹³⁾rest on the laurels of being heir to a publishing empire. She created her own ¹⁴⁾persona. She was surrounded with successful artistic people.

Her sister Joanna is an accomplished Opera singer, sister Lucy went on to compose music for Broadway musicals and her brother, Peter is a photographer. I can apply these lessons to my life as you can too. I can do those tasks which are the most fear inducing in order to minimize them, eventually erasing them by continuing to meet them face to face instead of running from them. I can continue to work on my craft, writing even when I don't feel like it, using my eraser a lot, and finding opportunities to meet and surround myself with other people who are writing, speaking, and coaching. I am now a regular at ¹⁵⁾Open Mic night at Barnes and Noble here in Bakersfield.

This has been an incredibly fulfilling experience: reading my work for an audience gives me that immediate response. Powerful. Life changing. Magnetic. Dreams draw us forward, towards an even more fulfilling, joyful and abundant life. Dreams build bridges between where we are now and where we can be in the future whether that means tomorrow, six months from now or ten years from now. Fuelling our inner drive, they make our feet light, our tasks exciting instead of burdensome and our hopes infinitely possible.

Have you revisited your dreams lately? Have you carefully examined what they are beckoning you towards? In the words of Henry David Thoreau, "Dreams are the touchstones of our character." What are your touchstones calling you to be today? ◆R

12) impediment [ɪmˈpɛdɪmənt] n. 妨碍, 阻碍

13) rest on one's laurels 吃老本, 靠在过去的成就上

14) persona [pɜːˈsəʊnə] n. 角色, 人格面貌

15) Open Mic 等同于open mike or open spots, 一种现场秀活动, 观众可以自由地站到麦克风前发表演讲或进行表演



发展其歌唱事业, 用唱歌来克服语言障碍。她是一大出版王国的继承人, 却并没有沉浸在家族的荣誉之中。她创造了属于她自己的角色, 身边全是成功的艺术家。

她的姐姐乔安娜是一名才华横溢的歌剧演员, 另一姐姐露西后来为百老汇音乐剧谱曲, 而她的哥哥彼得则是一位摄影家。我能将这些经验应用到我的生活中, 你也一样可以做到。我能够承担起那些最让人害怕的任务, 为的是将恐惧减少, 不断地面对而不是落荒而逃, 最终将其消灭。我可以继续从事我的职业, 即使满心不愿意也继续写作, 多使用我的橡皮擦, 寻找机会去认识那些写作、演讲和培训的高手, 混迹于他们当中。现在我已经是在贝克斯菲尔德市巴诺书店举办的“公开发表演讲之夜”的常客了。

这真是一种不可思议地令人相当有满足感的经历: 向观众们朗读我的作品并立即得到他们的回应。震撼强大, 改变生活, 充满魅力。梦想引领着我们向着一种更加满足、愉悦而充实的生活前进。梦想在我们的现实和未来之间架起了桥梁, 不管这未来指的是明天、从现在起的六个月以后, 还是从现在起的十年以后。梦想给我们补充内在动力, 使我们的脚步轻盈, 让我们的任务显得令人兴奋而不是负担沉重, 令我们的希望充满了无限的可能。

你最近重温过你的梦想吗? 你是否仔细审视过他们正将你召唤至何方? 亨利·大卫·梭罗曾说过: “梦想就是我们品质的试金石。” 今天你的试金石正召唤着你成为什么样的人呢? ◆R



【 Book Review 】

【 书评 】

For book lovers, ¹⁾there's just something about books about books, and in *The Yellow-Lighted Bookshop*, San Francisco author Lewis Buzbee does something few writers would be able to: he makes the history of the book and the bookstore something you just can't ²⁾put down. During his career, Buzbee has written both fiction and non-fiction, and he has the ability to paint a vivid picture with very few words. When he describes a favorite bookshop on a dark, rainy Tuesday in November, you can feel the biting wind and see the inviting warmth of the store beckoning.

The book is ³⁾billed as both a memoir and a history, and perhaps that is what makes it work. Right at the moment the historical aspect could start to become ⁴⁾tedious, Buzbee ⁵⁾switches gears to the memoir side, giving readers a glimpse into the world of the bookseller that few knew existed. And he is no

对于爱书者而言，关于书籍的书自有其吸引之处，在《书店里的灯光》一书中，来自美国旧金山的作家刘易斯·布兹比做到了少有作家能做到的事：他讲述的一段段有关书和书店的故事，令人爱不释手。在其职业生涯中，布兹比既写小说也写非小说类的散文等，他能够用寥寥数语勾画出一幅生动的画面。当他描述自己在11月某个天色昏暗还下着雨的星期二走进那家喜爱的书店时，你似乎能感受到那刺骨的寒风，并看到书店那诱人的温暖在向你招手。

该书标榜既是回忆录又是史志，或许那也正是该书成功的原因。当历史纪实的部分开始变得沉闷乏味时，布兹比立刻切换调整，转到回忆录部分，使读者们得以一瞥鲜为人知的书商世界。在书籍销售领

1) there's just something about 有些值得探究的有趣之处

2) put down 拒绝，制止

3) bill [bɪl] v. 宣布，公告

4) tedious ['ti:diəs] adj. 单调乏味的，沉闷的

5) switch gear to 着手做一件事（与原来那件事的方向完全相反）



newcomer to the book selling world, having started as a clerk at a ⁶⁾**San Jose** bookstore during his freshman year of college, and continuing in either book selling or as a publisher's sales ⁷⁾**rep** for the next thirty years.

The history of the bookstore is obviously intertwined with the history of books and book making, and *The Yellow-Lighted Bookshop* takes the reader on a fascinating journey from the first ⁸⁾**papyrus scrolls** and ⁹⁾**the great Library of Alexandria** through the e-book and ¹⁰⁾**mega-chains** like ¹¹⁾**Borders** and ¹²⁾**Barnes and Noble**. Mixed throughout this 3000-year journey are Buzbee's own journeys, his love of books, and some laugh-out-loud moments. By the time you finish the book, you will definitely want to sneak a peek into the ¹³⁾**back room** of your local bookstore, hoping to see some of the things he has seen.

Buzbee ¹⁴⁾**makes a convincing case** for how much we need bookstores, and he ¹⁵⁾**laments** the decline, Harry Potter ¹⁶⁾**notwithstanding**, in reading across America. Some may be surprised that a man who spent the better part of his life working in independent bookstores bears no ¹⁷⁾**grudges** against the major chain retailers or Internet sites like ¹⁸⁾**Amazon**. He does, however, have a few ¹⁹⁾**caustic** words for the large discount and warehouse stores.

What is evident throughout *The Yellow-Lighted Bookshop* is that Buzbee is a man who has a reverence for books ("book lust" is the term he uses most often). And his book lust is contagious. When you have finished this slim, 216-page volume, you may find yourself more likely to slow down and rediscover the joy of wandering through rows and rows of shelves on a rainy afternoon, ²⁰⁾**stumbling upon** the perfect book that you'd never even heard of before.

域, 他绝非新手——早在大学一年级时他就曾在美国圣何塞市的一家书店当店员, 接下来的30年里, 他一直在出版界, 开过店卖书, 也做过出版社的销售代表。

显然, 书店的历史和书籍以及书籍制作的历史紧密相连。《书店里的灯光》带领读者展开了一段迷人的旅程: 从第一本古本手卷、宏伟的埃及亚历山大图书馆到电子图书以及大型连锁书店, 例如鲍德斯连锁书店和巴诺书店。融合在这段历时3000年的旅程中的还有布兹比自己的生活经历——他对书籍的热爱和一些令人开怀大笑的片段。当你读完这本书时, 你肯定会想偷偷溜进你所在当地那些书店的里屋去, 希望看到一些他所看到的东西。

布兹比以令人信服的理由充分说明我们有多需要书店。虽然有哈利·波特热, 但对于美国人们阅读兴致的普遍退减, 他还是悲叹不已。在独立书店的工作中度过了大段美好年华的布兹比对大型连锁零售书店或者如亚马逊那样的网络书店却毫无怨恨之情, 一些人可能对此感到惊讶。不过, 对于提供大折扣的书店和货仓式大书店, 他确有一些尖刻的言语。

始终贯穿于《书店里的灯光》的一条明线是——布兹比是一个对于书籍存崇敬之心的人(“书欲”是他最常用到的一个词)。而且他的“书欲”具有感染性。当你读完这卷薄薄的216页的书时, 你或许会发现自己更想慢下脚步, 重新发现那种喜悦——在一个下雨的午后, 徘徊穿梭于一排排书架之间, 无意间发现一本心头最爱, 那是你之前从未听说过的一本书。



【Extract from the Book】

When I walk into a bookstore, any bookstore, first thing in the morning, I'm flooded with a sense of ²¹⁾**hushed** excitement. I shouldn't feel this way. I've spent most of my adult life working in bookstores, either as a bookseller or a publisher's sales rep, and even though I no longer work in the business, as an incurable reader I find myself in a bookstore at least five times a week. Shouldn't I be ²²⁾**blasé** about it all by now? In the quiet of such a morning, however, the store's displays ²³⁾**stacked** squarely and its shelves tidy and promising, I know that this is no mere shop. When a bookstore opens its doors, the rest of the world enters, too, the day's weather and the day's news, the streams of customers, and of course the boxes of books and the many other worlds they contain—books of facts and truths, books newly written and those first read centuries before, books ²⁴⁾**of great relevance** and of absolute ²⁵⁾**banality**. Standing in the middle of this ²⁶⁾**confluence**, I can't help but feel the possibility of the universe unfolding a little, once upon a time.

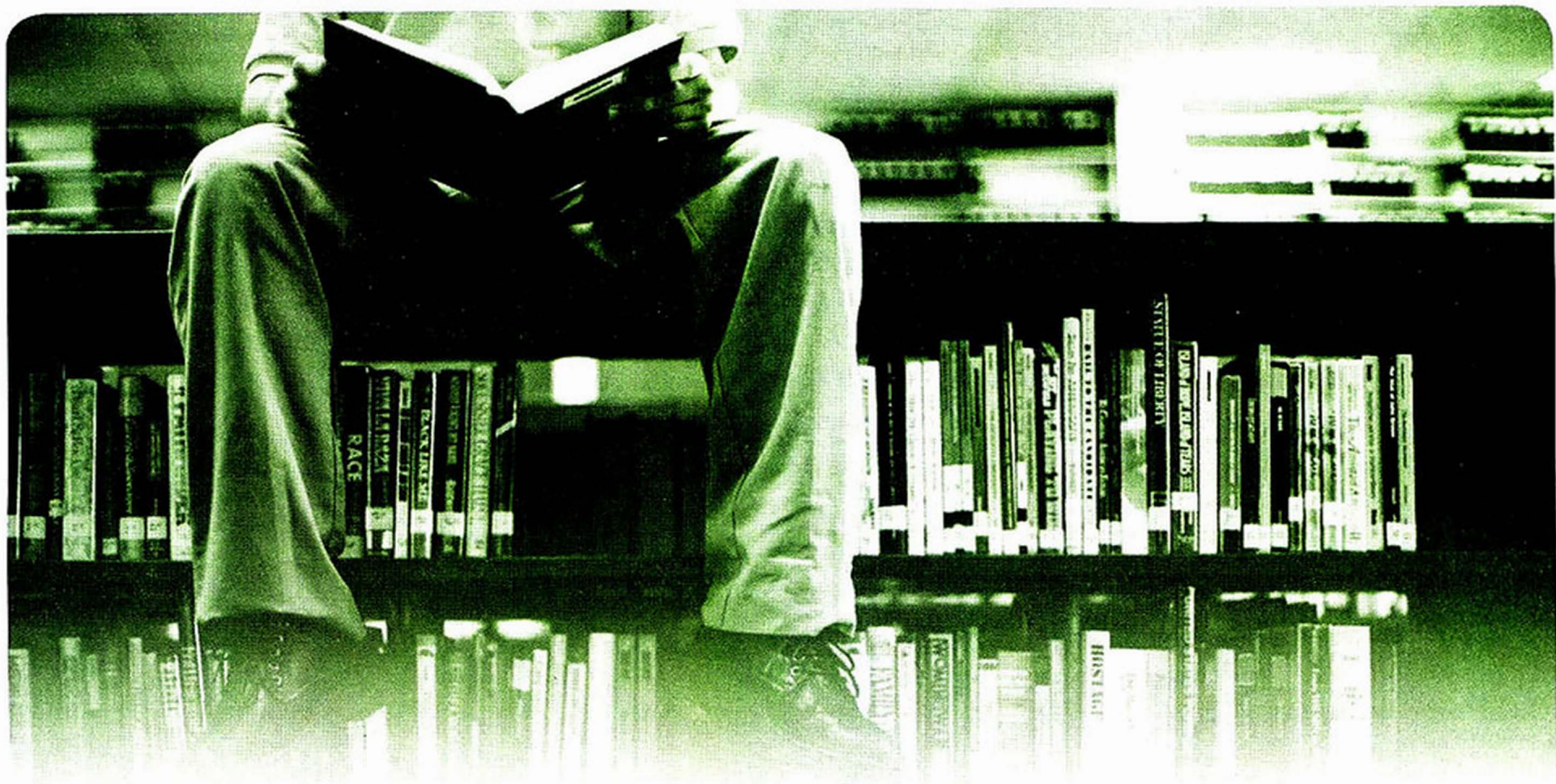
- 6) San Jose 圣何塞, 美国加利福尼亚州西部一城市
- 7) rep [rep] n. 相当于 representative, (非正式用语) 代表
- 8) papyrus scroll 古本手卷
- 9) the Library of Alexandria 埃及亚历山大图书馆, 始建于公元前 290 年, 曾是当时世界上藏书最多、文种最多、书目记录最全的图书馆
- 10) mega ['meɡə] n. 大
- 11) Borders 鲍德斯连锁书店, 美国第二大连锁书店
- 12) Barnes and Noble 巴诺书店, 美国最大的连锁书店
- 13) back room 密室, 里屋
- 14) make a case for 为...提供充分理由, 说明道理
- 15) lament [lə'ment] v. 悲叹, 痛惜
- 16) notwithstanding [ˌnɒtwɪð'stændɪŋ] conj. 虽然, 尽管
- 17) grudge [ɡrʌdʒ] n. 怨恨, 恶意。bear/have/nurse a grudge against sb. 怀恨某人

【本书节选】

早上我做的第一件事便是走进一家书店, 任何一家书店, 当我走进去时, 心头总会涌上一股隐秘的兴奋。我本不应该有这样的感觉——成年后的大部分时间我都在书店里工作, 当过书商、还做过出版社的销售代表。不过即使我不再在这一行工作, 我也时常光顾书店, 一周至少五次, 简直是个无可救药的书虫。到现在, 我不是该对这一切感到厌倦了吗? 然而, 在每一个这样宁静的清晨, 那些书店里展示的书籍摆放得整整齐齐, 书架井井有条, 从中透出希望的气息, 在我看来, 这并不仅仅是间商店而已。当书店敞开它的大门, 外面的世界便得以进入, 每日的天气、每日的新闻, 川流不息的顾客, 当然还有那一箱箱的书籍以及它们所承载的信息——饱含事实和真理的书籍、刚写就的书、早于几百年前已出版的著作、紧贴时代别具意义的书作、全然陈词滥调的书籍。身处这众流汇聚的中心, 我不禁觉得宇宙可能稍稍揭开了面纱, 很久很久以前……



- 18) Amazon 亚马逊网上书店, 开办于1995年, 总部设在美国西雅图市, 起初主要从事网上图书销售, 现扩展到电子贺卡、游戏和电子产品等各种物品网上交易
- 19) caustic ['kɔːstɪk] adj. 刻薄的, 讽刺的
- 20) stumble upon 偶然发现
- 21) hushed [hʌʃt] adj. 秘密的, 不张扬的
- 22) blasé ['blaːzeɪ] adj. 厌倦的, 无动于衷的
- 23) stack [stæk] v. 堆叠, 堆放
- 24) of great relevance 贴合社会生活议题的, 有意义的, 能引起共鸣的
- 25) banality [bə'neɪlɪti] n. 陈词滥调
- 26) confluence ['kɒnfluəns] n. 合流, 汇集



I'm not here just to buy a new book, though. Much of my excitement at being in a bookstore comes from the place itself, the understanding that I can stay here for as long as need be.... A bookstore is for ²⁷⁾**hanging out**. Often for hours. Perhaps I've come to ²⁸⁾**crib** a recipe from a cookbook or ²⁹⁾**hunt down** the name of that ³⁰⁾**Art Deco** hotel in ³¹⁾**San Antonio** or even reread one of my favorite short stories. I might browse covers awhile after ³²⁾**meeting up with** a friend, the two of us chatting about our lives. Or I can sit down in History and read the first chapter of a charming ³³⁾**treatise** on the complex language of hand gestures in ³⁴⁾**high Renaissance** ³⁵⁾**Naples**. As you might be reading right now, taking your own sweet time. If there's a café, all the better; a piece of cake and a cup of coffee, and time can ³⁶⁾**run loose** all over the place. I might even buy a book.

Books connect us with others, but that connection is created in solitude, one reader in one chair hearing one writer, what ³⁷⁾**John Irving**

不过，我来这里不只是来买本新书。我因身处书店而感到的那份兴奋更多来自于那地方本身，来自于我知道自己可以一直待在这里，想待多久就待多久……书店是用来闲逛的，常常是一待就好几个小时。也许我来是为了从一本烹调指南里“偷走”一则食谱，或者在某本书里搜寻圣安东尼奥市一家具有装饰派艺术风格的酒店的名字，甚至还可以重读一本我最爱的短篇小说。我可能会碰到朋友，两人闲聊彼此的生活，我还边聊边浏览一下书籍封面。又或者，我可以在历史书籍区坐下，阅读那本有趣论著的第一章，了解一下文艺复兴鼎盛时期那不勒斯城那套复杂的手势语。正如你此刻正在阅读的情景，享受属于你自己的美好时光。如果书店还配有咖啡馆，那就更好了——一块蛋糕，一杯咖啡，完全没有了时间的概念。我兴许还会买一本书呢。

书籍把我们和他人相连，不过那种联系却是在独处中形成的，一个读者独坐着聆听一位作者的心声，约翰·欧文谓之“一位

refers to as one genius speaking to another. It's simple to order books on-line, over the phone, or via catalogue and wait for the delivery man to ³⁸⁾ **scurry away** before we open the door. But 90 percent of us who buy books still get out of the house and go to the bookstore, to be among the books, yes, but also to be among other book buyers, the like-minded, even if we might never say a word to them. ³⁹⁾ **Elias Canetti** has described cafés as places we go to be "alone among others," and I've always felt this was true of the bookstore, too. It's a lovely combination, this solitude and gathering, almost as if the bookstore were the ⁴⁰⁾ **antidote** for what it sold. 

天才对另一位天才说话”。通过网络、电话或者借助目录册购书非常简便，然后等人送货上门，并看着那些送货员在我们开门之前就已匆匆离去。然而，我们当中90%的人仍然喜欢走出家门，走进书店去买书。是的，置身于书籍中，同时也置身于其他购书者之中，我们有着同样的想法，即使我们可能从未和他们说过一句话。埃利亚斯·卡内蒂曾经把咖啡馆描述成人们想要“在人群中独处”的地方，我一直觉得书店也是那样的一个地方。这是一种有趣的结合，这种既独处又不离群的矛盾还体现在书店和其所销售的书籍之间。（编者注：书店是现实世界的一部分，而书店所销售的书籍则能带领读者走出现实世界，所以说书店本身是书的antidote。）

27) hang out 闲逛

28) crib [kɹɪb] v. <口> 抄袭，剽窃

29) hunt down 搜寻…直至找到

30) Art Deco 装饰派艺术，其主要特征为几何形，色彩明亮粗犷，使用塑料和玻璃

31) San Antonio 圣安东尼奥，美国得克萨斯州中南部城市

32) meet up with 偶遇

33) treatise ['tri:tɪz] n. 论文，论述

34) high Renaissance 文艺复兴鼎盛时期，指的是1500年到1530年那段时间

35) Naples ['neɪplz] n. 那不勒斯，意大利西南部港市

36) run loose 如脱缰野马，到处乱跑

37) John Irving 约翰·欧文（1942—），誉满全球的美国当代作家，主要作品有《将熊释放》、《苹果酒屋的规则》等

38) scurry away 匆匆跑开

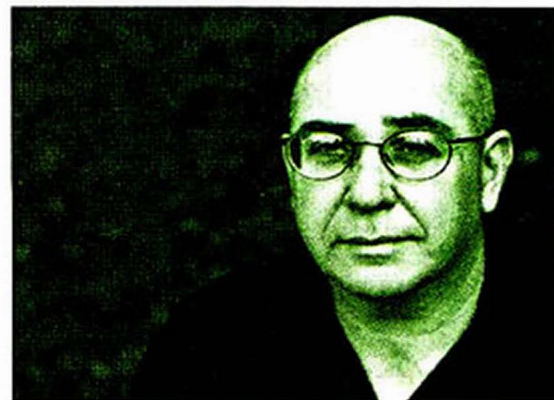
39) Elias Canetti 埃利亚斯·卡内蒂（1905—1994），出生于保加利亚的犹太人小说家、评论家、社会学家和剧作家，主要作品有长篇小说《迷惘》（获1981年诺贝尔文学奖）等

40) antidote ['æntɪdɔ:t] n. 解毒药，矫正法，对抗手段

作者简介：



Lewis Buzbee, 出生于美国加州圣何塞，曾在书店任职十七年，现为作家，作品散见于《纽约时报书评版》、《巴黎评论》等，除了*The Yellow-Lighted Bookshop*（《书店里的灯光》，又译为《如果你爱上一家书店》）外，还著有两部小说*Fliegelman's Desire*和*After the Gold Rush*。除写作外，他还任教于旧金山大学，教授写作课程。



Soulmate

灵魂伴侣

文字难度: / / / / /

By Natasha Bedingfield

薇雨 翻译&撰稿

Incompatible, it don't matter though
'Cause someone's bound to hear my cry
Speak out if you do
You're not easy to find

Is it possible, Mr. Loveable
Is already in my life?
Right in front of me
Or maybe you're in disguise

*Who doesn't long for someone to hold
Who knows how to love you without being told
Somebody tell me why I'm on my own
If there's a soulmate for everyone*

合不来，然而这并不重要
因为必定有个人听到我的哭泣
若你听到就说出来吧
找到你不容易

爱郎是否可能
已出现在我的生命里？
就在我面前
或者，也许你还在掩饰着身份

*谁不渴望有个人可以拥抱？
不告诉我，天知道该怎么去爱你？
谁来告诉我，要是每个人都有一位命定的灵魂伴侣
为何我仍独自一人？*





我们又碰面了，循环永不休止
我怎么才能找到最理想的另一半？
都说人人有份
但我仍在排队苦等

重复*

Here we are again, circles never end
How do I find the perfect fit
There's enough for everyone
But I'm still waiting in line

要是每个人都有一位命定的灵魂伴侣

大多爱恋好似昙花一现
都很美好，却并不永恒

Repeat *

重复*两次

If there's a soulmate for everyone

要是每个人都有一位命定的灵魂伴侣 ◆R

Most relationships seem so transitory
They're all good but not the permanent one

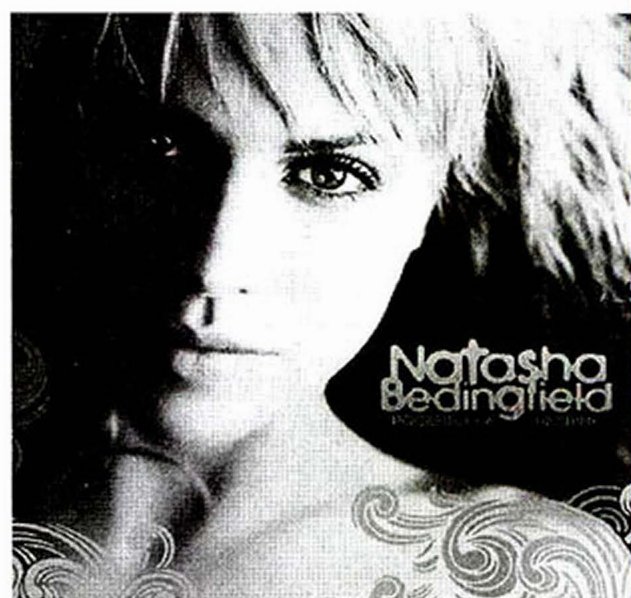
Repeat * Twice

◆R If there's a soulmate for everyone

作家托马斯·摩尔曾这样定义“灵魂伴侣”：“灵魂伴侣，就是一个我们感到自身与之紧密联系在一起的人，好像彼此之间的沟通和交流不是出于刻意的努力，而是凭借神思的引导。”追求真爱而英年早逝的徐志摩，也曾在给恩师梁启超先生的书信里提及这个词：“我将在茫茫人海中寻访我唯一之灵魂伴侣。得之，我幸；不得，我命。”说得怆然，令人心动。

没有人不渴望找到和自己有着绝对默契的灵魂伴侣——精神层面上的另一半。内心的精神花园无时不在等待那个人探得其门而入，和自己相濡以沫，相伴一生。而我等的人，他在多远的未来？

Natasha Bedingfield是位独立自信，多才多艺的创作型歌手，1981年11月出生于伦敦，从小就在父母的鼓励下朝着自己的兴趣爱好自由发展。她中学毕业后曾攻读心理学专业，希望对其音乐创作有所帮助，从而写出真正反映人内心世界的歌曲来感动自己，感动听众。这位才女在发表自己的首张个人专辑Unwritten前，她的其他作品就已被不少艺人相中，选为他们专辑的主打歌。而Unwritten这张专辑一推出就位列英国唱片销量榜之冠。



Love, Me

愛你的我

Track 9

文字难度: / / / / /

By Collin Raye

远行的心 翻译&撰稿

I read a note my grandma wrote back in 1923.
Grandpa kept it in his coat, and he showed it once to me.
He said, "Boy, you might not understand, but a long, long time ago,
Grandma's daddy didn't like me none, but I loved your Grandma so."

We had this crazy plan to meet and run away together.
Get married in the first town we came to, and live forever.
But nailed to the tree where we were supposed to meet, instead
I found this letter, and this is what it said:

"If you get there before I do, don't give up on me.
I'll meet you when my chores are through:
I don't know how long I'll be,
But I'm not gonna let you down, Darling wait and see.
And between now and then, till I see you again,
I'll be loving you.
Love, me."*

I read those words just hours before my Grandma passed away.
In the doorway of a church where me and Grandpa stopped to pray.
I know I'd never seen him cry in all my fifteen years:
But as he said these words to her, his eyes filled up with tears.

Repeat *

Between now and then, till I see you again,
I'll be loving you.
Love, me. 

我读到奶奶在1923年写下的一张字条。
爷爷随身带着它，有一次他拿给我看。
他说：“孩子，你也许不能理解。但在很久很久以前，
你曾外祖父一点都不喜欢我，可我深爱着你奶奶。

我们做了个疯狂的计划——相约私奔，
打算在到达的第一个镇上结婚，永远生活在一起。
但当我来到约定相见的那棵树旁，
我只看到这张钉在树上的字条，上面写着：

* “如果你比我先到那里，别对我绝望。
我一干完杂活就会去见你。
我不知道还要多长时间才能到，
但我不会让你失望。亲爱的，请相信我。
不论何时，直到再见到你，
我都将爱着你。
爱你的我。” *

在奶奶离世前的几个小时，我才读到这张字条。
在教堂的门廊前，爷爷和我停下祷告。
我清楚十五年来我从没见过他流泪。
但当他读奶奶说出字条上的那些话，他满眼是泪。

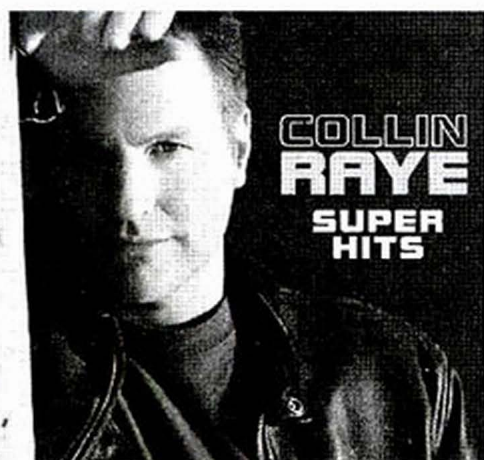
重复*

不论何时，直到再见到你，
我都将爱着你。
爱你的我。✿



死亡不是爱的终点

乡村乐界巨星Collin Raye拥有五张白金唱片及九首乡村冠军单曲这样的傲人纪录，在许多方面都展现出与其他乡村歌手迥异的独特魅力。他的作品融合了乡村、流行、民谣及抒情、摇滚等多种曲风，他的嗓音富有磁性，他的歌声饱含深情。他对于自己进入乐坛的初衷一直未变，那就是为抚慰人心而唱。



Collin Raye推出的首张专辑*All I Can Be*里收录的这首单曲“Love, Me”连续三周雄霸全美乡村单曲榜冠军宝座，让他一举成名。“Love, Me”讲述的是老一辈纯洁坚贞，催人泪下的爱情故事。那张字条上简单的话语，本就是坚定的誓言以及真爱最好的证明。它使每一秒的等待都变得美好而有意义。当这对恋人历尽艰辛，终得以白头偕老，他们定是幸福而知足的。直到其中一个人离世，才发现，爱几辈子都不够长。当爷爷流着泪说出字条上同样的誓言，他定希望爱人能听到，并微笑地等待他们在天国里的重逢。

死亡不是爱的终点。

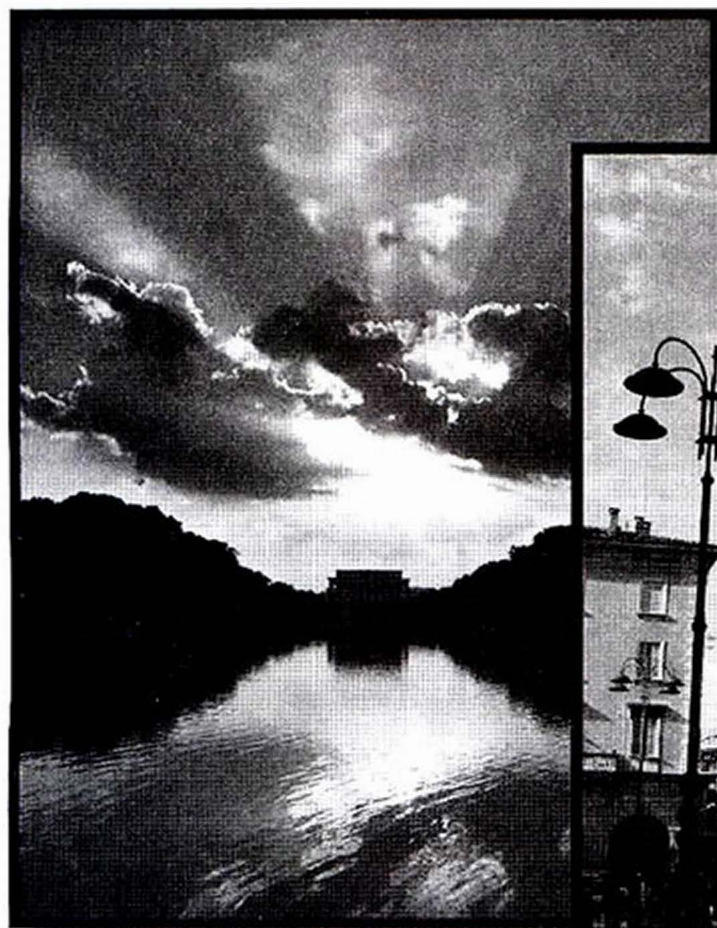
这首歌饱含无尽爱意，让人如此感动，以至很多人都在亲人的葬礼上播放它。



SILKEN Treasure

探游意大利 **丝** 绸之都

Track 10



文字难度: / / / / /

By Peter Ross Range
左边 译

“The silkworm is a snob,” says Moritz Mantero. “He’ll eat anything, but he produces silk only if he eats ¹**mulberry!**” Mantero is the third-generation owner of Mantero Seta SpA, one of the largest silk manufacturers in Como, Italy. Situated three miles from the Swiss border in northern Italy’s lake country, Como supplies silken goods to the ²**fashion houses** of New York, Paris and nearby Milan. Today in Como and its surrounding ³**foothills**, there are 800 companies engaged in the silk and textile trade—manufacturing, ⁴**printing**, dyeing, designing, and selling. If you own a silk scarf, tie, blouse or dress by any big-name fashion house, chances are the silk came from Como.

“**蚕**是一种势利的虫子，”莫里兹·曼特罗说，“它们可以吃任何东西，但是只有吃了桑叶才能吐丝！”曼特罗是意大利一家丝绸制品公司Mantero Seta SpA的第三代继承人，该公司是科摩市最大的丝绸制造商之一。科摩市坐落在意大利北部湖区，距离瑞士边境仅3英里。它为纽约、巴黎和附近的米兰的各大时装店提供丝绸制品。今天，在科摩及其附近的丘陵地带已有800家从事丝绸和其他纺织品贸易的公司，其业务涉及生产、印花、染色、设计和销售。如果你有某条丝巾领带，某件上衣外套是来自哪个著名时装店的，那它用的丝绸很有可能就来自科摩。



科摩湖的“电影缘”

科摩湖是古时冰川形成，面积在意大利排第三，但深度却是欧洲第一，最深处达420米。天气晴好时湖水如海水般深蓝，是一般湖泊很少见到的。湖四面环山，冬天北部是一片皑皑雪峰，秀美绝伦。美丽的科摩湖经常出现在电影中，事实上，包括007之《皇家赌场》(Casino Royale)、《湖畔迷情》(A Month by the Lake)和《星球大战前传II：克隆人的进攻》(Star Wars: Episode II - Attack of the Clones)在内的很多影片都曾在科摩湖拍摄外景。

Como became Italy's silk capital for two reasons, silk makers say. First, there was an ample supply of water from the lake and nearby ⁵⁾alpine streams to the north. Second, there was widespread mulberry farming in ⁶⁾the Po River Valley just to the south. Mulberry, native to Italy, was often planted as a field and property divider. This made the region a natural for the cultivation of silkworms.

For me, there's a third reason: the town's physical setting—a palm-lined ⁷⁾fjord with an improbable Mediterranean climate and snowy ⁸⁾ridgelines in the near distance—may be unmatched in the world. Even its man-made attractions, especially the grand 16th- to 19th-century villas that dot its shores, suggest that adding to the sum of beauty on earth is what is supposed to happen here. And it does—in the silk, in the architecture and in the lifestyles. It can be called “the culture of beauty.”

丝绸制造商们说，科摩之所以成为意大利丝绸之都主要有两个原因：首先，这里有充足的水资源，除了科摩湖，还有附近位于北面的阿尔卑斯雪山的融水；其次，在其正南面的波河河谷里种植着面积非常广的桑树。原产地为意大利的桑树经常被作为田野和住宅之间的分隔物。这使科摩成为天然的养蚕基地。

依我看，还有第三个理由：它的地理环境——棕榈树环绕的峡湾，难得的地中海气候，雪岭群山近在咫尺——也许堪称举世无双。连它的人造景观，特别是那些16至19世纪风格的豪华海滨别墅，也在显示着这里形成的一切都将使世界愈加美好。的确如此，这体现在它的丝绸、建筑 and 生活方式上，可谓是一种“美的文化”。

1) mulberry ['mʌlbəri] n. 桑树，桑椹

2) fashion house 时装店

3) foothill ['fʊthɪl] n. 山麓小丘，丘陵地带

4) printing ['prɪntɪŋ] n. <纺> 印花

5) alpine ['ælpain] adj. 高山的，阿尔卑斯山的

6) the Po River Valley 波河河谷。波河是意大利北部的一条河流，流程约652公里，波河流域是意大利一个主要的工业和农业区

7) fjord [fjɔ:d] n. 峡湾，海湾

8) ridgeline ['rɪdʒ.laɪn] n. 等同于ridge，山脊，山脉



That culture was on full display as I set out to explore the city and its ⁹⁾**lakefront** one sparkling fall day. The water glinted between sharp Swiss peaks on one side and ¹⁰⁾**rolling** ¹¹⁾**Lombard** hills on the other. Ferries and ¹²⁾**fishermen** ¹³⁾**skittered** across the lake's surface like bugs on the hunt. Stone structures and ¹⁴⁾**ocher** ¹⁵⁾**facades** lined the city's streets, which hummed with the energy of Italian life. A market was selling regional sausages, cheeses and olive oil; ¹⁶⁾**mimes** and ¹⁷⁾**accordionists** entertained on the ¹⁸⁾**Piazza Duomo**; and families bought ¹⁹⁾**gelati** from a ²⁰⁾**kiosk** in a lakeside park.

In Como's lively pedestrian zone—within the old walled Roman city founded when ²¹⁾**Julius Caesar** sent 5,000 men to colonize the place 2,000 years ago—young couples with ²²⁾**strollers** greeted other young parents on the ²³⁾**flagstone**-paved streets. ²⁴⁾**Exuberant** youngsters chased pigeons and ²⁵⁾**darted** around on bicycles, while teenage ²⁶⁾**rakes** chatted up ²⁷⁾**chic** young women in sidewalk cafés. Reminders of silk were everywhere. Along the main shopping street, designer boutiques ²⁸⁾**splashed** silken wares in their windows.

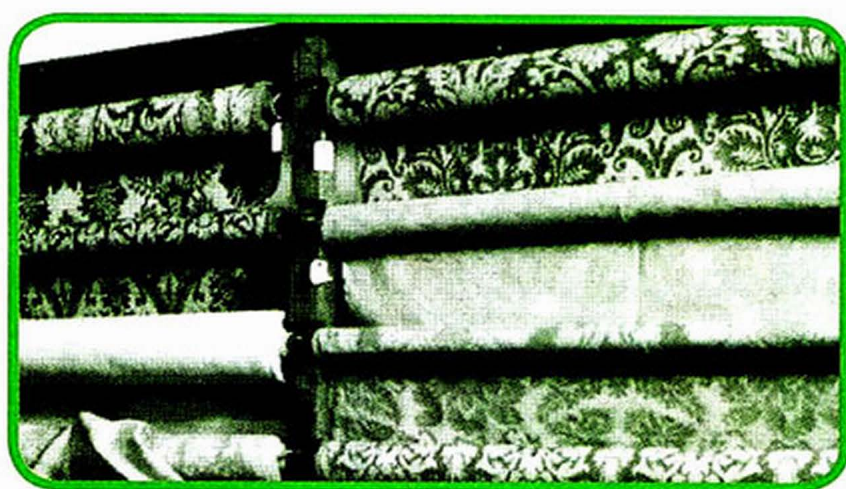
一个阳光灿烂的秋日里，我出发去探游科摩市和它的湖滨地带，那“美的文化”全然展现在面前。一边是瑞士的雪山尖峰，另一边是起伏的伦巴第群山，位于其间的湖水波光粼粼。众多渡船和渔船掠过湖面，好像一群正在搜寻猎物的昆虫。石造建筑和其他赭色的临街建筑物排列在城市街道两旁，街上热闹忙碌，呈现着充满活力的意大利生活。一个集市在出售当地的香肠、奶酪和橄榄油；大教堂广场上有哑剧和手风琴表演；很多人会一家几口出来玩，从湖边公园的杂货亭买意大利雪糕。

在科摩市最繁华的步行区——位于旧城墙环抱的罗马古城内，古城是2000年前恺撒大帝派出5000名士兵在这个地方开拓殖民地时建成的——推着婴儿车的年轻夫妇和其他年轻夫妇在石板路上相互问候。精力充沛的孩子们追逐着鸽子，或骑着自行车四处飞奔。十几岁的毛头小子在路边的咖啡馆里跟年轻漂亮的女孩们搭讪。在这里，丝绸的印记随处可见。市中心最著名的一条商业街上，名牌时装店的玻璃橱窗里展示的全是丝绸服饰。



Both the city and lake of Como have been drawing visitors for centuries. Many who came were wealthy, which is reflected in the exceptional concentration of villas—palaces, really—that line the inverted Y-shaped lake. Arrayed against rising dark hills, the villas look like set pieces for a movie backdrop. Notables, too, have been coming since Roman times. Both Plinys, Elder and Younger, were born here and Pliny the Younger built two country houses along the lake—one named Tragedy, the other Comedy. Leonardo da Vinci visited and was said to incorporate scenic elements from the area in some of his ²⁹⁾canvases.

In the 19th century, a parade of writers—³⁰⁾Stendhal, Wordsworth and Shelley among them—spread the word of Lake Como's charms. "I ask myself, is this a dream? / Will it vanish into air? / Is there a land of such supreme and perfect beauty anywhere?" ³¹⁾Longfellow wrote of the lake. Today a new generation of famous visitors is ³²⁾descending on Lake Como. The best known is the actor ³³⁾George Clooney, who in recent years has purchased two villas in Laglia, a lakeside village six miles north of Como.



科摩市和科摩湖数百年来一直吸引着大量游客，其中有很多人很富裕，从科摩湖（倒Y字型）边上异常集中的别墅群就可见一斑——实际上，那些简直就是宫殿。那些别墅背靠幽深的山林排开，看起来就像是电影的布景。自罗马时代开始，名人们也纷纷来到科摩。大普林尼（古罗马学者和自然学家）和小普林尼（古罗马作家）都出生在科摩，小普林尼还在湖边修建了两幢别墅，分别命名为“悲剧”和“喜剧”；达·芬奇来过科摩很多次，据说他把这里的不少风光元素融入到自己的一些画作中。

在19世纪，一个又一个作家把科摩湖的魅力传颂开来，其中包括司汤达、华兹华斯和雪莱。“我问自己，这是梦吗？/它会消失在空气中吗？/世上难道真有如此极致的美丽所在吗？”——这是美国著名诗人朗费罗描述科摩湖的笔墨。今天，新一代的名人汇聚在科摩湖边，最出名的就是好莱坞影星乔治·克鲁尼，近几年他先后在科摩市往北6英里的小村庄拉格利亚买了两幢别墅。

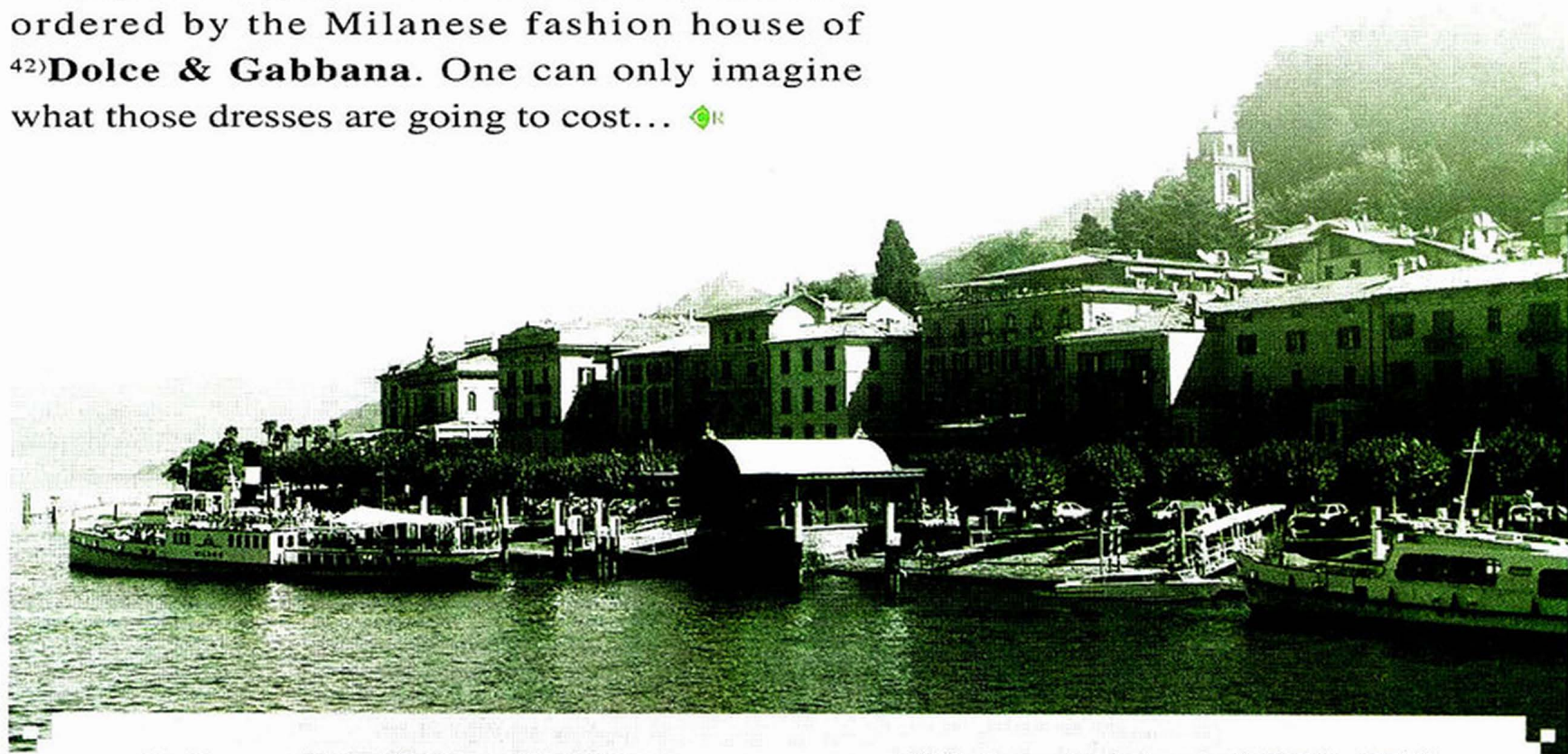
- 9) lakefront ['leɪkfrʌnt] n. 湖滨地带，湖边平地
- 10) rolling ['rɒlɪŋ] adj. 起伏的
- 11) Lombard ['lɒmbəd] n. 伦巴第，意大利北部一个地区
- 12) fisherman ['fɪʃəmən] n. 渔船
- 13) skitter ['skɪtə] v. 飞掠，滑行
- 14) ocher ['əʊkə] n. 赭色，一种较浅的杏黄色
- 15) facade [fə'sɑ:d] n. (建筑物的) 正面，临街正面
- 16) mime [maɪm] n. 哑剧，模拟表演
- 17) accordionist [ə'kɔ:dʒənɪst] n. 手风琴师
- 18) Piazza Duomo 大教堂广场，科摩市的一处著名景点
- 19) gelati [dʒɪ'lɑ:ti:] n. <意> 意大利胶凝冰糕
- 20) kiosk ['ki:ɒsk] n. 户外报刊亭或杂货摊
- 21) Julius Caesar 即Gaius Julius Caesar (公元前102—前44)，恺撒大帝，罗马共和国末期杰出的军事统帅、政治家

- 22) stroller ['strɒlə] n. 折叠式轻便婴儿车
- 23) flagstone ['flægstəʊn] n. 石板
- 24) exuberant [ɪg'zju:bərənt] adj. 喜悦充溢的，精力充沛的
- 25) dart [dɑ:t] v. 飞奔
- 26) rake [reɪk] n. 放荡的人
- 27) chic [ʃɪk] adj. 时髦的，漂亮的
- 28) splash [splæʃ] v. 显著展示
- 29) canvas ['kænvəs] n. 油画，画布
- 30) Stendhal 司汤达，法国作家，主要作品有《红与黑》
- 31) Longfellow 即Henry Wadsworth Longfellow (1807—1882)，美国19世纪最著名的诗人、作家，著有《海华沙之歌》，并翻译了但丁的《神曲》
- 32) descend on 突然袭击，突然拜访某人
- 33) George Clooney 乔治·克鲁尼，好莱坞著名男影星，主演过《十三罗汉》、《晚安，好运》等影片



While the arrival of Clooney and his friends may have captured Como's headlines, silk makers and fashion houses still shape its spirit. A few days after my tour of Mantero's operations, Donatella Ratti, president of the Ratti Group, the other best-known silk company in the Como area, takes me on a tour of her offices. Touring Ratti's printing plant, I'm amazed by the complexity of the process: the thousands of dye variations in what is called the "color kitchen," the ceiling-high racks of hundreds of ³⁴⁾**silk screens**, the baskets full of ³⁵⁾**hanks** of raw silk from China and the creative interchange between the print technicians and the designers. At one long table, a man was doing something I'd never before seen in previous visits to silk country: painting, not just printing, in a long ³⁶⁾**bolt** of silk. Renato Molteni, who refuses to call himself an artist, was making art. Dipping a ³⁷⁾**spatula** into his dye buckets, he was creating, over and over again, an array of flowers on a large ³⁸⁾**swath** of silk. The ³⁹⁾**diaphanous** design—⁴⁰⁾**beige** on white, with ⁴¹⁾**tinges** of gray—was for dress material ordered by the Milanese fashion house of ⁴²⁾**Dolce & Gabbana**. One can only imagine what those dresses are going to cost... 

尽管克鲁尼和他的明星朋友们的到来偶尔会成为科摩当地报纸的头条，但是引领科摩精神的还是丝绸制造商和时装店。参观完曼特罗的公司几天后，科摩当地另一个规模与之相当的丝绸公司拉蒂集团的总裁唐娜特拉·拉蒂带我参观了她的公司。参观拉蒂集团的印染车间时，我诧异于丝绸印染工艺之复杂：在号称“颜色厨房”的地方里有数千种不同颜色的染料；高至天花板的架子上放着数以百计的丝网；一篮篮来自中国的生丝束；印染技术工人和设计师在互相交换着充满创意的点子。在一张长桌旁，一个男人在做着一件我之前参观丝绸生产国从未见识过的事：他正在长卷的丝绸上画画，不是印染。莱纳多·默特尼拒绝自称为艺术家，但他正从事着艺术创作。他把抹刀往染料桶里蘸了蘸，然后在一大卷绸布上绘画出一朵又一朵的花卉。这一精致透亮的设计（白色底米色花，带点灰白）是米兰著名时装品牌杜嘉班纳定做的，料子用来做晚礼服。那些晚礼服会有多昂贵，可想而知…… 



34) silk screens 丝网，丝屏罩，一种印染工具

35) hank [hæŋk] n. 一束，一卷

36) bolt [bəʊlt] n. 一匹，一卷

37) spatula ['spætjʊlə] n. (涂油漆、涂药等的) 抹刀，一种刀身平、宽且灵活的小工具，用于调拌、涂敷或上料等

38) swath [swɔːθ] n. 长而宽的地带，一条

39) diaphanous [daɪ'æfənəs] adj. 透明的，精致的

40) beige [beɪʒ] n. 米色，淡棕色

41) tinge [tɪndʒ] n. 色调，一丝痕迹

42) Dolce & Gabbana 杜嘉班纳，一个以独特的服装设计和高水平的剪裁而著称的豪华时尚品牌，公司创立于1985年，总部位于米兰



文字难度 · / / / / /

■ By Barack Obama
published in Jan. 2009
雨阳 译

我想为你们还有美国每个孩子争取的

——奥巴马给女儿们的一封信

What I Want

Track 11

MP3 www.topenglish.net

for You—and Every Child in America

Dear Malia and Sasha,

I know that you've both had a lot of fun these last two years on the campaign trail, going to picnics and parades and state fairs, eating all sorts of junk food your mother and I probably shouldn't have let you have. But I also know that it hasn't always been easy for you and Mom, and that as excited as you both are about that new puppy, it doesn't make up for all the time we've been apart. I know how much I've missed these past two years, and today I want to tell you a little more about why I decided to take our family on this journey.

亲爱的玛莉亚和萨莎：

我知道这两年你们俩随我一路竞选乐子不少，去野餐，参加巡游，逛州博览会，吃了各种我和妈妈大概不该给你们吃的垃圾食品。但我也知道，你们和妈妈的日子并不总是过得那么容易。新养的小狗虽然令你们俩兴奋，却无法弥补所有我们不在一起的时光。我明白，过去的这两年来我错过太多了。今天，我要再跟你们多解释一下，我为什么决定带领我们一家踏上这趟旅程。



When I was a young man, I thought life was all about me—about how I'd make my way in the world, become successful, and get the things I want. But then the two of you came into my world with all your curiosity and ¹⁾**mischievousness** and those smiles that never fail to fill my heart and light up my day. And suddenly, all my big plans for myself didn't seem so important anymore. I soon found that the greatest joy in my life was the joy I saw in yours. And I realized that my own life wouldn't count for much unless I was able to ensure that you had every opportunity for happiness and fulfillment in yours. In the end, girls, that's why I ran for President: because of what I want for you and for every child in this nation.

I want all our children to go to schools worthy of their potential—schools that challenge them, inspire them, and instill in them a sense of wonder about the world around them. I want them to have the chance to go to college—even if their parents aren't rich. And I want them to get good jobs: jobs that pay well and give them benefits like health care, jobs that let them spend time with their own kids and retire with dignity.

当我年少时，我认为生活就该绕着我转：在这世上一往无前，成就功名，得到自己想要的。后来，你们俩进入了我的世界，充满好奇，活泼淘气，那微笑总能填满我的心，照亮我的日子。蓦然，我为自己定下的所有宏大计划似乎不再那么重要了。我很快便发现，我在你们生命中看到的快乐，就是我自己生命中最大的快乐。我还意识到，如果我不能确保你们此生能够拥有追求幸福和自我实现的一切机会，我自己的生命也没多大价值。最后，我的女儿们，我之所以竞选总统，为的就是我想让你们俩和这个国家的每一个孩子都能拥有的那一切。

我要让我们国家的所有儿童都在能够发掘他们潜能的学校就读；这些学校能激发他们，鼓励他们，培养他们对周遭世界充满好奇。我要他们有机会上大学——即使他们的父母并不富有。我还要他们能找到好的工作——这些工作薪酬合理且带有诸如医疗保障这样的福利，能让他们有时间陪孩子和体面地退休。



I want us to push the boundaries of discovery so that you'll live to see new technologies and inventions that improve our lives and make our planet cleaner and safer. And I want us to push our own human boundaries to reach beyond the divides of race and region, gender and religion that keep us from seeing the best in each other.

Sometimes we have to send our young men and women into war and other dangerous situations to protect our country—but when we do, I want to make sure that it is only for a very good reason, that we try our best to settle our differences with others peacefully, and that we do everything possible to keep our servicemen and women safe. And I want every child to understand that the blessings these brave Americans fight for are not free—that with the great privilege of being a citizen of this nation comes great responsibility.

That was the lesson your grandmother tried to teach me when I was your age, reading me the opening lines of the *Declaration of Independence* and telling me about the men and women who marched for equality because they believed those words put to paper two centuries ago should mean something.

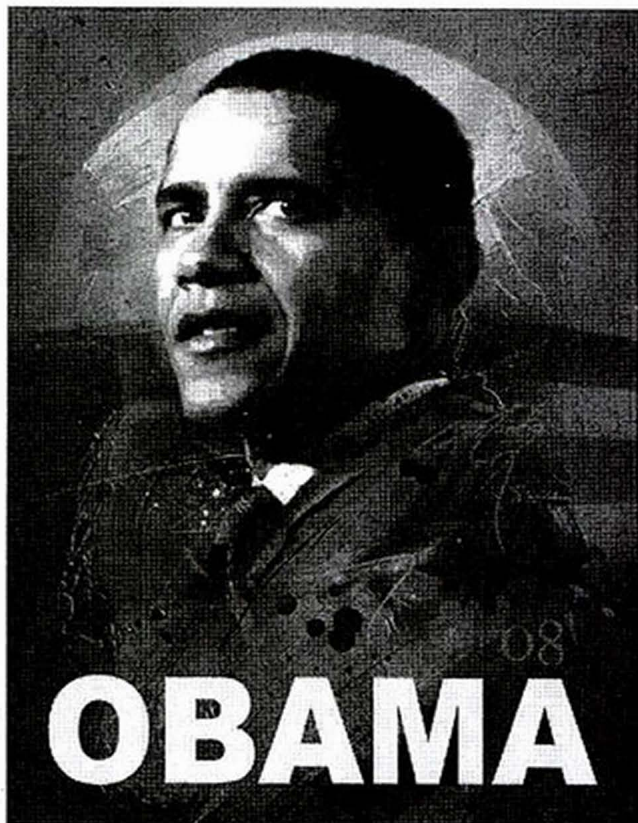
She helped me understand that America is great not because it is perfect but because it can always be made better—and that the unfinished work of perfecting our union falls to each of us. It's a ²⁾charge we pass on to our children, coming closer with each new generation to what we know America should be.

我要大家向未知的领域拓展，不断去探索、发现，使得你们在有生之年能够看见新科技新发明改善我们的生活，使我们居住的这颗星球更干净更安全。我也要大家打破人际隔阂，跨越那些妨碍我们看到彼此最优秀一面的种族、地域、性别和宗教的樊篱。

有时候为了保护我们的国家，我们不得不把青年男女派去战场，或其他危险的地方——但当我们这样做时，我要确保师出有名，确保我们已竭尽全力以和平的方式消除与他人的分歧，也想尽了一切办法保障前线男女官兵的安全。我要每个孩子都明白，这些勇敢的美国人在战场上捍卫的福祉并不是平白得到的：作为这个国家的公民，优厚的特权和重责大任是双双而至的。

这正是我在你们这个年纪时，你们的奶奶尽力教导我的，她把《独立宣言》开头的几行念给我听，并告诉我有一些男女为了争取平等而游行抗议，因为他们深信那些两个世纪前白纸黑字写下来的句子，不应只是空话。

她让我了解到，美国之所以伟大，不是因为它完美，而是因为我们不断让它变得更好，而让我们的国家变得更好的未完工作，就落在我们每个人的身上。这是个责任，我们会把它传给我们的孩子们，每经历新一代，美国就更接近为我们理想中的国家。



1) mischief ['mɪstɪfɪ] n. 淘气，捣蛋

2) charge [tʃɑːdʒ] n. 职责，任务



I hope both of you will take up that work, righting the wrongs that you see and working to give others the chances you've had. Not just because you have an obligation to give something back to this country that has given our family so much—although you do have that obligation. But because you have an obligation to yourself. Because it is only when you ³⁾**hitch your wagon to something larger than yourself** that you will realize your true potential.

These are the things I want for you—to grow up in a world with no limits on your dreams and no achievements beyond your reach, and to grow into compassionate, committed women who will help build that world. And I want every child to have the same chances to learn and dream and grow and thrive that you girls have. That's why I've taken our family on this great adventure.

I am so proud of both of you. I love you more than you can ever know. And I am grateful every day for your patience, ⁴⁾**poise**, grace, and humor as we prepare to start our new life together in the White House.



Love, Dad

我希望你们俩都愿接下这个工作，看到不对的事要想办法改正，努力帮助别人获得你们已享有的机会。这并非只因为这个国家给了我们一家这么多，你们也当有所回馈——尽管你们的确有这个义务。还因为你们自己本身负有义务，因为只有当你目光远大，胸怀大志时，才会了解到自己真正的潜能有多大。

这些都是我想要让你们得到的东西——在一个梦想不受限制、无事不能成就的世界中成长，成为富有同情心，致力于建造理想世界的女性。我要每个孩子都拥有和你们一样的机会去学习、梦想、成长、发展。这就是我带领全家展开这趟大冒险的原因。

我深深以你们俩为荣，你们不知道我有多爱你们。在我们准备一同在白宫开始新生活之际，我没有一天不为你们的忍耐、沉稳、善良和幽默而心存感激。

爱你们的爸爸

3) hitch one's wagon to something larger than yourself 借用自词组
hitch one's wagon to a star, 比喻胸怀大志，有远大抱负

4) poise [pɔɪz] n. 平稳，镇静



A Thorny Rose Taught a Lesson for a Lifetime

带“刺”的罗斯教给我的人生一课

文字难度: / / /
By Janet Seever
薇雨 译

When I arrived at 6 a.m. in the large hospital kitchen, Rose was already checking name tags on the ¹⁾trays against the patient roster. ²⁾Stainless steel shelves held rows of breakfast trays which we would soon be serving.

“Hi, I’m Janet.” I tried to sound cheerful, although I already knew Rose’s reputation for being impossible to work with. “I’m scheduled to work with you this week.” A ³⁾stocky middle-aged woman with graying hair, Rose stopped what she was doing and peered over her glasses ⁴⁾perched on her nose. I could tell from her sour expression she wasn’t pleased to see a student worker.

“What do you want me to do? Start the coffee?” I was feeling less confident by the minute. Rose ⁵⁾sullenly nodded and went back to checking name tags. Moments after I filled the 40-cup pot with cold water, Rose ⁶⁾gruffly ⁷⁾snapped, “That’s not the way to make coffee.” She ⁸⁾stepped in and took over.

我早上六点到达医院的大厨房时，罗斯已经在对照着病人名册，核对贴在盘子上的姓名标签了。不锈钢架上摆放着成排的盘子，里面盛着我们一会儿就供应的早餐。

“你好，我是珍妮特。”我努力使自己的声音显得欢欣雀跃，尽管罗斯难相处共事的坏名声我早有听闻。“这周我被安排和你一起干活。”罗斯是一个身材矮胖，头发渐变灰白的中年妇女。她停下手头上的活，透过架在鼻梁上的眼镜盯着我看。从她那充满敌意的表情，我能看出她并不喜欢来个学生跟她干活。

“我可以帮些什么忙？泡咖啡？”每过一秒，我的自信心就减弱一分。罗斯一脸阴沉地点了点头，走回去继续核对姓名标签。我往容量为40杯装的咖啡壶里倒满冷水，不一会儿，罗斯便粗声喝道：“不是那样泡咖啡的。”接着，她便插手自己来干。

1) tray [treɪ] n. 盘，碟

2) stainless steel 不锈钢

3) stocky ['stɒki] adj. 矮小健壮的

4) perch [pɜ:tʃ] v. 搁置

5) sullenly ['sʌlənlɪ] adv. 阴沉地，不高兴地

6) gruffly [grʌflɪ] adv. 粗暴地，粗声地

7) snap [snæp] v. 厉声地申斥

8) step in 插手帮助



"I was just doing it the way our supervisor showed us to do it," I said in astonishment.

"The patients like the coffee better the way I do it," she replied ⁹**curtly**.

Nothing I did pleased her after that. All morning her eagle eyes missed nothing and her sharp words stung. She literally trailed me around the kitchen. Later, after breakfast had been served and the dishes had been washed, I set up my share of trays for the next meal. Then I busied myself cleaning the sink. Certainly Rose couldn't criticize the way I did that. When I turned around, there stood Rose, rearranging all of the trays I had just set up! Later at break time, some of the older full-time workers decided to have some fun and started teasing me.

"Are you having a good time working with Rose?" Margaret's ¹⁰**mischievous** blue eyes twinkled as she ¹¹**baited** me.

"That's not even funny," I said, biting my lip to keep back the tears.

Totally exhausted, I trudged the six blocks home from the University of Minnesota Hospital late that June afternoon. As a third year university student ¹²**working my way through school**, I had never before encountered anyone like Rose. With muscles still tense, I ¹³**wrestled with** my dilemma alone in my room. "I can't take much more of

"我只是按着我们主管演示的方法去做。"我惊讶地说道。

"病人更喜欢喝按我的方式弄出来的咖啡。"她只简单回答了一句。

那件事以后，我做的任何事都不能令她满意。整个早上，她那双鹰眼时刻盯着我，犀利的话锋刺痛了我。在厨房里，她简直是跟在我后头咬着不放。供应完早餐，碟子也洗好了，我就去摆放好自己负责的那部分盘子，为下一餐做准备。接着我就埋头洗水池。我要怎么洗，罗斯当然没法找我茬。当我转过身，看见罗斯就站在那儿，正重新整理着所有我才摆放好的盘子！后来到了休息时间，一些年长的全职工人决定找些乐子，开始拿我来开玩笑。

"跟罗斯一起干活开心吗？"玛格丽特逗我时，她那顽皮的蓝眼睛一闪一闪的。

"这一点儿也不好笑。"我说完，咬着嘴唇，努力克制泪水。

那个六月下午的早些时候，筋疲力尽的我拖着沉重的脚步走了六个街区，才从明尼苏达州大学附属医院回到家。作为一名一直勤工俭学的大三学生，我从没遇到过像罗斯那样的人。我独自在房间里面对两难选择境地，肌肉仍绷得紧紧的。"我再也无法容忍罗斯了。"

Rose.” I turned the possibilities over in my mind. Should I see if my supervisor would switch me to work with someone else? Scheduling was flexible. On the other hand, I didn’t want to be a quitter. I knew my co-workers were watching to see what I would do.

Working with Rose the next morning, I ignored the ¹⁴barbs thrown in my direction and did things her way as much as possible to avoid ¹⁵friction. As I worked, I silently began to surround Rose with a warm blanket of prayers. “Lord, help me love Rose.” Over the next few days, an amazing thing began to happen. As I prayed for this irritating woman, my focus shifted from what she was doing to me, and I started seeing Rose as the hurting person she was.

I was the one who changed first, not Rose. As the icy tension began to melt away, Rose criticized less and less. Throughout the rest of the summer, we had numerous opportunities to work together. Each time she seemed genuinely happy to see me.

As I worked with this lonely woman, I listened to her. I learned she was burdened by elderly parents who needed her care, by her own health problems and by an alcoholic husband she was thinking of leaving. There was no question that her ¹⁶lot in life was difficult, and I began to understand what made her the way she was. As I listened, I discovered that her unique way of doing things resulted from her desire to do something special for the patients. She explained how her method of setting up trays helped the eye surgery patients find things easily on the tray. ¹⁷Cubing the brightly coloured ¹⁸gelatin ¹⁹slabs made them look prettier in the bowl, and easier for patients to eat. She had her own reasons for everything.

我脑子里闪过各种改变现状的可能性。我要不要问一下主管看能否把我调去和其他人共事？工作安排本来就很灵活。但另一方面，我不想轻易打退堂鼓。对于我下一步会怎么做，我知道那些同事都在拭目以待。

第二天早上和罗斯一起工作，我忽视那些针对我的刺耳的话，按她的方式做事，尽可能地避免摩擦。工作时，我默默地用温暖的祈祷包围罗斯。“主啊，请帮助我去爱罗斯。”接下来的几天里，令人惊异的事发生了。当我为这个惹人讨厌的女人祷告时，我的注意力从她对我的所作所为上转移开了，我开始留意到罗斯本身其实充满困恼忧伤。

是我先作出改变，而非罗斯。随着那种冷冰冰的紧张状态逐渐消融，罗斯对我的指责也越来越少。那个夏天余下的所有日子里，我们还有很多次被安排在一起干活的。每次她都似乎真的很高兴看见我这个同伴。

当我和这个孤独的女人一起工作时，我会聆听她说话。我了解到，她双亲需要她照顾，自己的健康又有问题，丈夫酗酒，她正在考虑要离开他，她被这种种负担压得透不过气来。毫无疑问，她的命很苦。我开始理解她为什么会变成现在那样。听着听着，我发现她那种独特的做事方式源自她想特地花心思去为病人做一些事的愿望。她解释说，她那种摆放盘子的方式如何帮助做了眼部手术的病人更容易地在架上找到所需的东西。将那些厚厚的色彩鲜艳的果冻切成一粒粒，除了在碗里看起来更漂亮，还更便于病人食用。她做每件事都有她自己的理由。

9) curtly [kɜːtli] adv. 简略地

10) mischievous [ˈmɪstʃɪvəs] adj. 淘气的，顽皮的

11) bait [beɪt] v. 逗弄，欺负

12) work one's way through sth. 某人通过努力完成、取得，靠做工干成

13) wrestle with 面对（难题）

14) barb [bɑːb] n. 刺耳的话

15) friction [ˈfrɪkʃn] n. 摩擦

16) lot [lɒt] n. 命运

17) cube [kjuːb] v. 切成小方块（丁）

18) gelatin [ˈdʒelətiːn] n. 果冻，骨胶

19) slab [slæb] n. 厚块



In return, she wanted the patients to appreciate her for doing special things for them. This woman—whom I once considered so unlovable—was actually begging for someone to love and appreciate her! I learned so much by observing Rose—far more than I learned from a textbook in my years at the university.

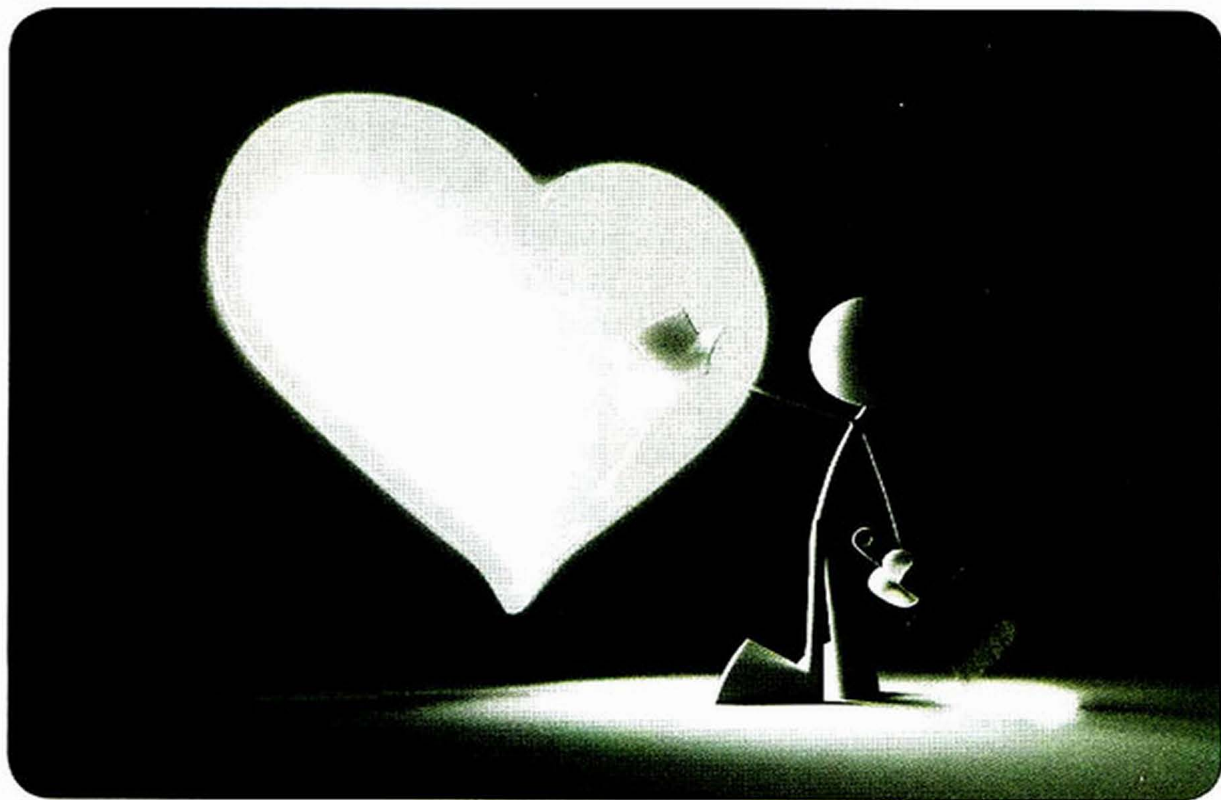
The days slipped by quickly as I finished the last several weeks of my summer job. Leaves were starting to turn yellow and red, and there was a cool ²⁰**crispness** in the air. I soon would be returning as a full-time student. One day, while I was working alone in one of the kitchens, Rose entered the room. Instead of her uniform, she was wearing ²¹**street clothes**. I looked at her in surprise. “Aren’t you working today?” “I got me another job and won’t be working here no more,” she said, as she walked over and gave me a quick hug. “I just came to say good-bye.” Then she turned abruptly and walked out the door. Although I never saw Rose again, I still remember her vividly.

In the summer of 1966, I learned a lesson I’ve never forgotten—although more than 40 summers have come and gone since then. The world is full of people like Rose—irritating, demanding, unlovable—yet hurting inside. I’ve found that love is the best way to turn an enemy into a friend.

她希望病人感激自己特地花心思去为他们做一些事。这个女人——我曾认为她那么不讨人喜欢——事实上一直在乞求得到他人的爱和感激。通过观察罗斯，我学到了很多——比我念大学时从课本上学到的多得多。

那年打暑期工的最后几周，日子过得特别快。叶子开始变黄转红，空气变得清凉干爽。很快我就要回归全日制学生的角色了。有一天，我正独自在其中一个厨房里干活，罗斯走了进来。她没穿工作服，而是穿着休闲装。我诧异地看着她：“你今天不用干活吗？”“我找了另一份工作，不再来这里上班了。”她边说边走向我，并快速地拥抱了我一下。“我只是过来道别。”然后她突然转过身，走出门外。尽管那以后我再没见过罗斯，但她仍栩栩如生地留在我的记忆里。

1966年那个夏天，我上了一堂毕生难忘的课——尽管那以后，四十多个夏天过去了。这个世界充满了像罗斯那样的人——心中充满愤怒，对人苛刻，不讨人喜欢——然而他们的内心却是伤痕累累的。我明白到爱是让人化敌为友的最佳途径。



20) crispness ['krɪspnɪs] n. 清新，凉爽

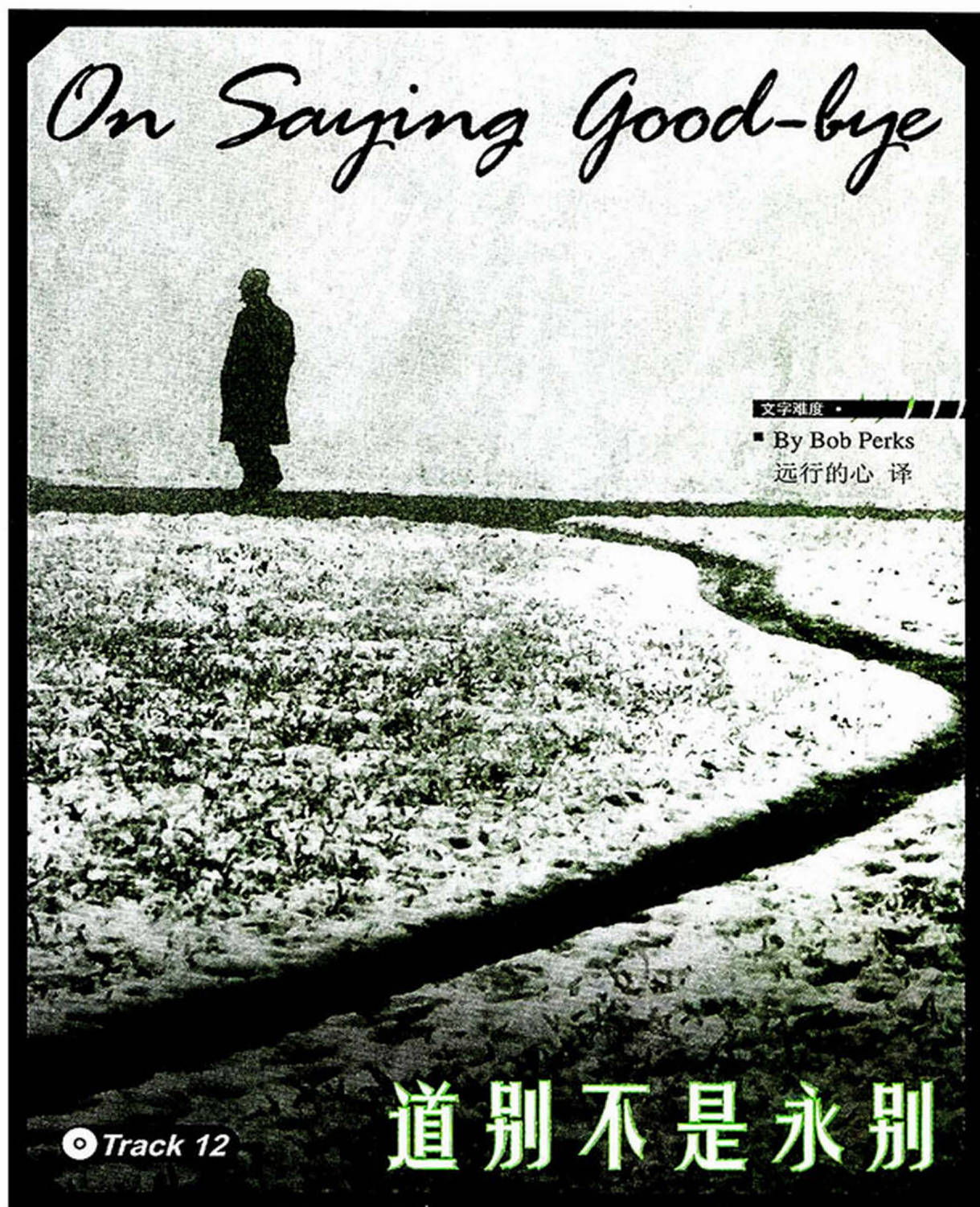
21) street clothes 休闲服

If there is one word in the English language that I can honestly say I hate, it's the word "good-bye."

Whenever I just think of saying good-bye to someone my soul aches, my heart beats fast and I just want to shake myself out of the feeling. Yet life itself is filled with good-byes. Today we unofficially say good-bye to summer. My question is "But where did it go?" I thought I just said hello to Spring.

I was surrounded by good-byes today. That's why I felt compelled to share this thought with you right now while I'm still feeling the pain. The strange part is that I really didn't say good-bye to anyone. But I watched as others did.

The neighbor on my right sent her son away to college a few weeks ago but that was like a test run. He went, settled in, took a few classes and then came home for Labor Day. But now he returns to his new reality.

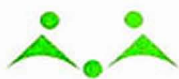


如果说英文中有那么一个词让我由衷憎恨的话，那肯定是“再见”这个词了。

只要一想到和某人说再见，我的心就会痛，心跳得很快，只想摆脱那种感觉。然而人生本就充满了离别。今天，我们算是跟夏天道别了。我的问题是“但它去往何处了？”我感觉自己才刚和春天打过招呼。

今天，“道别”把我团团包围。这就是为什么我觉得趁还感觉到痛，得马上和你们分享这种想法。奇怪的是，我真的没和谁道别，但却目睹了他人的离别。

住我家右边的邻居几周前送她儿子去念大学，但那次就像是一场彩排。他离开家，在学校里住下，上了几节课，接着劳动节那天又跑回了家。但现在，他又要回到新生活的现实中。



To my left, I watched a young lady pack up her car to the max. Her friend stood there with video camera in hand and recorded the big event.

They cried. So did I.

In part it could be envy. They are both young, starting life with a ¹⁾**clean slate**. They will meet new people, maybe their future partners in life. They have children to bring into the world perhaps. New jobs. Their first house.

Here I am working on 50 years. Events like that ²⁾**put things into perspective** for me. I still struggle with thoughts of me being fifty next year. My spirit is in tune with those two young people. I still see my slate as clean and unmarked even though it's clouded up with old chalk dust because I keep erasing it and starting over.

Seeing them packing up their dreams into the trunks and back seats of their cars reminded me that every beginning has an end. But every ending invites a brand new beginning. The difference I think is that when I was their age I had forever in my soul. Today forever seems as close as tomorrow yet as distant as me at 100 years of age. When I think of reaching 100 I get overwhelmed with the thought of having another 50 years to discover life. I can assure you that until my last breath I will still be searching for who I am and what I want to be when I grow up.

而往左边看呢，只见有位年轻女子把行李往她的车里塞了个满。她的朋友手里拿着一台摄像机站在那里录像，记录下这件大事。

他们哭了，我也哭了。

其中也许有羡慕的成分。他们还年轻，正开始在一张白纸上谱写人生篇章。他们将遇见新朋友，说不定还有他们未来的人生伴侣。他们也许还会生孩子，找到新工作，拥有第一间属于他们自己的房子。

而我在思考自己将近50年的人生岁月，而那样的情景让我明白了一些事。明年我将满50岁，至今我还是不太愿意接受这个事实。我的心境跟那两个年轻人无异。尽管我的人生履历表上布满陈旧的粉笔灰——这归因于我不断抹掉过去，一再重新开始——我仍把我的履历表看作是一张干干净净没有任何记号的白纸。

看见他们把梦想收进箱子和车厢后座，此情此景提醒了我，每个开始都有其终结，而每个终结又会带来一个崭新的开始。我想，我和他们不同的是，我在他们那个年纪时，心中抱有“永远”这信念。今天，“永远”似乎如“明天”一般近，却又如100岁的我那般遥远。当我想到自己满100岁时，我满脑子都想着自己还会有50年的时间去发现生命。我能很肯定地跟你说，在只剩最后一口气之前，我都将一如既往地探寻“我是谁？”，“我长大后想成为什么样的人”这些问题的答案。

But an odd thought came to me just yesterday. For one moment, when I thought about how much time I had left in this world, the rather soothing, ³⁾**pacifying** thought of seeing my deceased relatives and friends gave me satisfaction. Here's what I discovered:

Good-byes are not forever. Nor is parting such sweet sorrow. If I have connected in such a way to another person, then they are a permanent part of me. They do not leave intact, for they have shared with me a bit of themselves which I have willfully absorbed into my being. God's gift to us to compensate for good-byes is "memory." So that I can recall the sweet smell of a summer rose in the middle of a cold ⁴⁾**bleak** winter day or the smile of my beautiful mother as she gently kissed away my tears. ◆R

但就在昨天，有个奇怪的想法在我脑子里冒了出来。有那么一刻，当我在思考自己余下的生命时，有个相当抚慰人心的想法使我感到满足，那就是能见到我那些已故的亲人和朋友们。我发现是这样的：

道别并不是永别，分离带来的也并不是那么甜蜜的忧伤。如果我和某个人以这样一种方式相联系，那么他们就是我人生的一个永恒部分。他们的离去并没把自己完全带走，因为他们把自己分了一点点给我，而我已经有意地把这些融进了自己的生命。上天以“记忆”作为对“离别”的一种补偿。于是我能在一个寒冷萧条的冬日午后忆起夏日一朵玫瑰的芬芳气息，又或者我那美丽的母亲温柔地吻去我的泪水时，她脸上绽放的微笑。◆R



1) clean slate 等同于clean sheet, 清白的历史, 良好的经历, slate此指行为的记录
2) put sth. into perspective 正确解释说明某事, 让人全角度看清某事

3) pacify ['pæsɪfaɪ] v. 安慰, 抚慰
4) bleak [bli:k] adj. 阴冷的, 黯淡的



文字难度: / / / /

By Carol Ann Duffy
雪桐 翻译&撰稿

诗人简介:

Carol Ann Duffy (1955-), 英国诗人、剧作家、自由作家, 是一位女同性恋者。1983年被授予大英帝国官佐勋章, 2002年被授予大英帝国司令勋章, 还曾获得英国国家诗歌奖、“前瞻”诗歌奖、TS艾略特奖等。她擅长在诗里运用戏剧独白手法, 惟妙惟肖地刻画诗中人物的心理, 从而深刻地揭示现代人的精神实质。

Stealing

偷窃

*The most unusual thing I ever stole? A snowman.
Midnight. He looked magnificent; a tall, white mute
beneath the winter moon. I wanted him, a mate
with a mind as cold as the slice of ice
within my own brain. I started with the head.*

*Better off dead than giving in, not taking
what you want. He weighed a ton; his torso,
frozen stiff, hugged to my chest, a fierce chill
piercing my gut. Part of the thrill was knowing
that children would cry in the morning. Life's tough.*

*Sometimes I steal things I don't need. I joy-ride cars
to nowhere, break into houses just to have a look.
I'm a mucky ghost, leave a mess, maybe pinch a camera.
I watch my gloved hand twisting the doorknob.
A stranger's bedroom. Mirrors. I sigh like this—Aah.*

我偷过的最不寻常的东西? 一个雪人。
午夜, 他看上去很动人。冬日月亮下
一个雪白的高个儿哑巴。我要他, 一个
头脑如我脑中冰片一样冰冷的
老兄。我从他的头着手。

宁可死掉, 也不愿屈服, 不肯留下
你想要的。他有一吨重。他那冻得僵硬的
躯干, 被我揽入怀里, 一阵寒意
刺透我的心肺。部分颤抖源于我知道
孩子们早上将会哭泣。生活是艰难的。

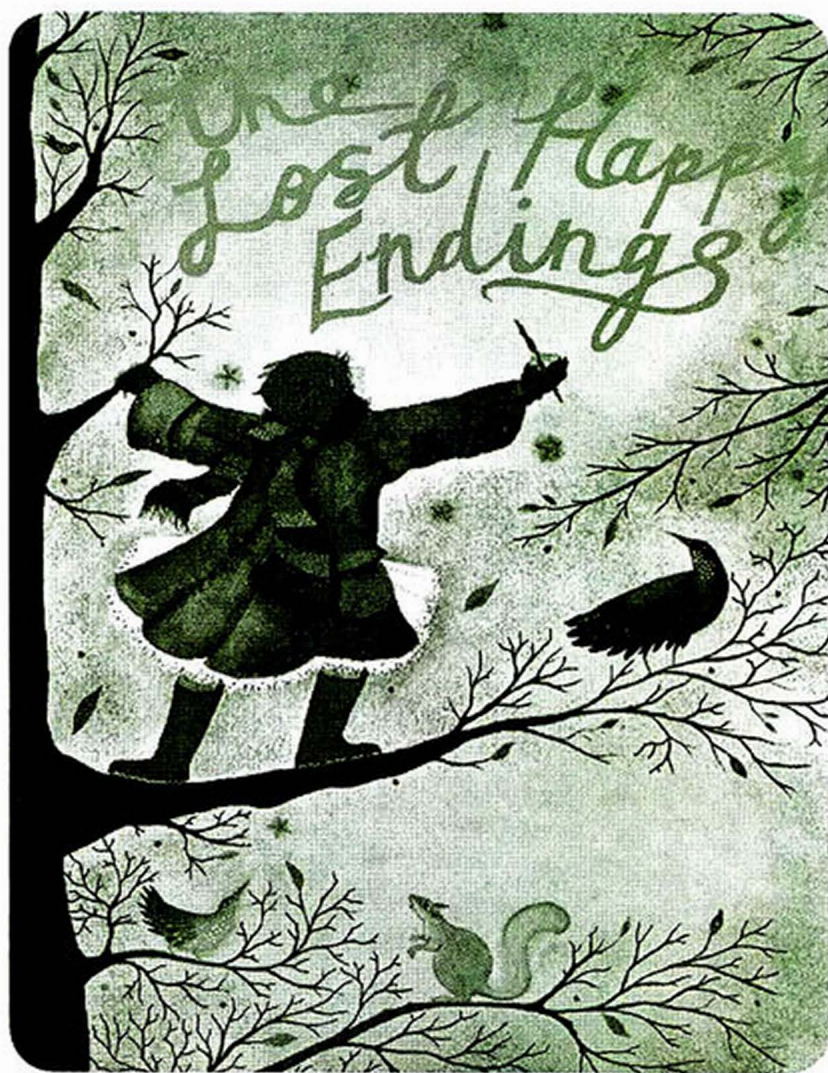
有时候我会偷我不需要的东西。我乘着偷来的车,
漫无目的地兜风, 破门而入只是想看看。
我是个讨厌鬼, 留下一片狼藉, 兴许还会偷走一台相机。
我看着自己戴着手套的手拧开门把手。
一个陌生人的卧室。镜子。我这般叹息——啊!

It took some time. Reassembled in the yard,
he didn't look the same. I took a run
and booted him. Again. Again. My breath ^{5) ripped out}
^{6) in rags}. It seems ^{7) daft} now. Then I was standing
alone amongst lumps of snow, sick of the world.

Boredom. Mostly I'm so bored I could eat myself.
One time, I stole a guitar and thought I might
learn to play. I ^{8) nicked} a bust of Shakespeare once,
^{9) flogged} it, but the snowman was the strangest.
You don't understand a word I'm saying, do you? 

花了些功夫，在院子里重新堆起他，
他看上去有点不同。我助跑冲向他
用力猛踢他。一次又一次。我呼吸粗重，
气喘吁吁。现在看来那时太疯狂了。接着，我独自
站在雪的碎块之间，憎恶着这世界。

厌倦。通常我无聊到可以吃掉自己。
一次，我偷了把吉他，想着我也许
可以学着弹。我还偷过一尊莎士比亚半身像，
并把它卖了。但还是这个雪人最最奇怪。
我说的你一个字都不明白，是吧？ 



- 1) torso ['tɔ:səʊ] n. (人体的) 躯干
- 2) joy-ride 驾车 (或飞机等) 兜风 (尤指偷来别人的汽车乱开)
- 3) mucky ['mʌki] adj. 讨厌的, 肮脏的
- 4) pinch [pɪntʃ] v. 偷
- 5) rip out 狠狠地发出
- 6) in rags 衣衫褴褛的, 破碎的, 文中形容“气喘吁吁”
- 7) daft [dɑ:ft] adj. 疯狂的, 愚笨的
- 8) nick [nɪk] v. 偷
- 9) flog [flog] v. 兜售, 鞭打

赏析：冰冷而绝望的诗句，读后使我内心久久不能平静，满脑子都是那个孤独的影子。诗人用第一人称写下一个小偷的内心独白。也许因为受过太多伤害，他的心才变得麻木冷漠，明知道要是偷走那个雪人，孩子们会哭泣，还是要抱走它。也许当他还只是个孩子时，就曾被迫接受幸福的短暂和不真实感。

显而易见，他很渴望那个雪人的陪伴。当无法重新堆起一模一样的它时，他生气地用力踢碎了它，他心中充满的憎恶也许更多的是来自自己如此渴望它的陪伴这样一种感觉。

他说他破门而入只是想看看，对于他人的生活，他有种艳羡；然而家的幸福，离他太远。留下印记，也只是想证明自己的存在。有时候，他会偷他不需要的东西，比如吉他、莎士比亚半身像，他以为它们可以填补他内心的空白，他期盼它们能带给他快乐，却发现，这不过是自欺欺人。偷窃成了他的一种消除烦闷的方式。

也许在他心中，这个世界早已将他遗弃，却不知，是自己击败了自己。

生活在社会边缘的人，他们无望的空虚和孤独，让我怜爱之余，怒其不争。

文字难度

By Frances Hodgson Burnett

一彤译

MP3 www.topenglish.net

Track 14

THE SECRET GARDEN (Excerpt)

秘密花园 (节选)

Frances Hodgson Burnett (1849—1924) 生于英国，是美国著名儿童文学家，其代表作《小爵爷》、《小公主》、《秘密花园》已成为世界儿童文学经典，一百多年来广为流传，并多次被改编成电影。

《秘密花园》是Burnett夫人最负盛名的作品。任性孤僻的富家小女孩玛丽因突来的瘟疫变成了孤儿，被家住英国古老庄园的舅舅收养。生活在幽僻宁静的乡野和淳朴善良的乡下人之间，她的性情渐渐变得温和。一天深夜，循着神秘大宅长廊一端传来的隐隐哭声，她来到了一个同样古怪而孤独的小生命面前。玛丽的表兄，大宅的少主人科林生来体弱，长年卧病在床，性情乖戾难测。为了帮助科林，玛丽带他进入了庄园里被关闭多年的秘密花园。孩子们在生机蓬勃的小天地里不受干扰地玩耍，学会了友爱待人，重拾了纯真快乐的天性。一个曾因牵涉死亡记忆而被关闭的花园，现在，因为新生命在其中焕发出来的活力，重新焕发生机。这不能不说是自然力的秘密，生命力的奇迹。

本文节选自本书第九章，讲述了玛丽第一次进入被关闭了十年的秘密花园时的所观所想。而玛丽的舅妈当年正是在这个她深爱的花园里，从树上失足坠落致死的。从此，这个曾装满如此多美好回忆的花园，被玛丽的舅舅封藏在记忆里。

It was the sweetest, most mysterious-looking place anyone could imagine. The high walls which shut it in were covered with the leafless stems of ¹⁾climbing roses which were so thick that they were ²⁾matted together. All the ground was covered with grass of a ³⁾wintry brown and out of it grew clumps of bushes which were surely rosebushes if they were alive. There were numbers of ⁴⁾standard roses which had so spread their branches that they were like little trees. There were other trees in the garden, and one of the things which made the place look strangest and loveliest was that climbing roses had run all over them and swung down long ⁵⁾tendrils which made light swaying curtains, and here and there they had caught at each other or at a far-reaching branch and had crept from one tree to another and made lovely bridges of themselves. There were neither leaves nor roses on them now and Mary did not know whether they were dead or alive, but their thin gray or brown branches and ⁶⁾sprays looked like a sort of hazy ⁷⁾mantle spreading over everything, walls, and trees, and even brown grass, where they had fallen from their ⁸⁾fastenings and run along the ground. It was this hazy ⁹⁾tangle from tree to tree which made it all look so mysterious. Mary had thought it must be different from other gardens which had not been left all by themselves so long; and indeed it was different from any other place she had ever seen in her life.

“How still it is!” she whispered. “How still!” Then she waited a moment and listened at the stillness. The robin, who had flown to his treetop, was still as all the rest. He did not even flutter his wings; he sat without ¹⁰⁾stirring, and looked at Mary. “No wonder it is still,” she whispered again. “I am the first person who has spoken in here for ten years.”

这是任何人想像所及中最美好、最神秘的一个地方。四周高墙围闭，覆盖在高墙上的蔷薇枝茎空无一叶，如此浓密以致纠缠到了一起。地上铺满了冬气肃杀的褐色枯草，其中灌木丛生，要是还活着，这些肯定是玫瑰花丛。有好些树玫瑰，分枝伸展得很开，整个就像棵小树一样。花园里还有其他树，而其中就有这样一景，使这个地方看上去极为奇异且极其可爱的：蔷薇爬满园内树木，垂下的长蔓如迎风摇曳的轻帘，长蔓处处相互缠结，要不就缠到远伸的枝条上，从这棵树延生到另一棵树，搭出一条条可爱的蔓桥。现在，蔷薇的枝条上既没有叶子也没有花，玛丽不知道它们是死是活，但它们纤细的灰色或褐色枝干和小枝条交缠在一起，看似一件灰蒙蒙的斗篷撒盖在花园里的万物之上，墙上，树上，甚至褐色的草地上——它们从攀附处坠下，在地上蔓延开来。正是这些灰蒙蒙的玫瑰枝藤，在树与树之间交织纠缠，使花园显得如此神秘。玛丽早就料到，跟那些荒废不久的花园比起来，这里肯定不一样，的确，这里与她有生以来所见的其他任何一个地方完全不同。

“这儿真安静啊！”她喃喃地说，“真安静！”然后她停了一会儿，静静地倾听。知更鸟早已飞上了它的树梢，在静谧中悄无声息。它甚至连翅膀都不拍动一下，一动不动地看着玛丽。“难怪这么安静，”她又开口喃喃道，“十年来，我是第一个在这里开口说话的人。”

- 1) climbing rose 蔷薇，藤蔓玫瑰
- 2) matted ['mætid] adj. 缠结的
- 3) wintry ['wɪntri] adj. 像冬天的，冷淡的
- 4) standard rose 树玫瑰
- 5) tendril ['tendril] n. 蔓，卷须

- 6) spray [spreɪ] n. 小树枝，小花枝
- 7) mantle ['mæntl] n. 斗篷，覆盖物
- 8) fastening ['fɑ:sənɪŋ] n. 扣紧，扣拴物
- 9) tangle ['tæŋgl] n. 纠缠，混乱
- 10) stir [stɜ:] v. 移动

She moved away from the door, stepping as softly as if she were afraid of awakening someone. She walked under one of the fairy-like gray arches between the trees and looked up at the sprays and tendrils which formed them. "I wonder if they are all quite dead," she said. "Is it all a quite dead garden? I wish it wasn't." If she had been Ben Weatherstaff she could have told whether the wood was alive by looking at it, but she could only see that there were only gray or brown sprays and branches and none showed any signs of even a tiny leaf-bud anywhere.

The sun was shining inside the four walls and the high arch of blue sky over this particular piece of ¹¹⁾Misselthwaite seemed even more brilliant and soft than it was over the ¹²⁾moor. The robin flew down from his treetop and hopped about or flew after her from one bush to another. He ¹³⁾chirped a good deal and had a very busy air, as if he were showing her things. Everything was strange and silent and she seemed to be hundreds of miles away from anyone, but somehow she did not feel lonely at all. All that troubled her was her wish that she knew whether all the roses were dead, or if perhaps some of them had lived and might put out leaves and buds as the weather got warmer. She did not want it to be a quite dead garden. If it were a quite alive garden, how wonderful it would be, and what thousands of roses would grow on every side!

她轻手轻脚地从门边挪开，仿佛担心会吵醒谁。树与树之间是树枝和藤蔓织成的一道道童话般的灰色拱门，她穿行其中一道门，抬头看着那些枝蔓。“我想知道它们是不是都彻底地枯死了呢，”她说道，“整个都是个死花园吗？但愿不是。”假如她是本·威瑟斯塔夫（编者注：玛丽舅舅家雇用的老花匠），她就能凭观察辨别树木是活是死。可是她只能看到灰色或褐色的枝干，没有发现任何叶芽的影儿，哪怕是丁点大的。

四周高墙之内，阳光明媚，米塞尔威特庄园的这一片花园上的蓝色苍穹，似乎比旷野之上的更加亮丽温柔。知更鸟从树梢飞下，时而在她周围蹦跳，时而从矮树丛间飞跃，尾随着她。它叽叽喳喳了一通，一副很忙的样子，仿佛是在给她做导游。一切都那么奇异而寂静，她仿佛远离人烟千百英里，可是不知怎的她丝毫不觉得孤单。惟一困扰她的是这些玫瑰是不是都死了，还是说，也许有些还活着，天气转暖时可能会长叶、出蕾。她不愿意这是个彻底死去的花园。假如这个花园生气勃勃，该是多么美妙，四周会长出怎样的数千朵玫瑰啊！

There seemed to have been grass paths here and there, and in one or two corners there were ¹⁴alcoves of evergreen with stone seats or tall moss-covered flower ¹⁵urns in them. As she came near the second of these alcoves she stopped skipping. There had once been a flowerbed in it, and she thought she saw something ¹⁶sticking out of the black earth—some sharp little pale green points. She knelt down to look at them. “Yes, they are tiny growing things and they might be ¹⁷crocuses or ¹⁸snowdrops or daffodils,” she whispered. She bent very close to them and sniffed the fresh scent of the damp earth. She liked it very much. “Perhaps there are some other ones coming up in other places,” she said. “I will go all over the garden and look.”

She went slowly and kept her eyes on the ground. She looked in the old border ¹⁹beds and among the grass, and after she had gone round, trying to miss nothing, she had found ever so many more sharp, pale green points, and she had become quite excited again. “It isn’t a quite dead garden,” she cried out softly to herself. “Even if the roses are dead, there are other things alive.”

She did not know anything about gardening, but the grass seemed so thick in some of the places where the green points were pushing their way through that she thought they did not seem to have room enough to grow. She searched about until she found a rather sharp piece of wood and knelt down and dug and weeded out the weeds and grass until she made nice little clear places around them. “Now they look as if they could breathe,” she said, after she had finished with the first ones. “I am going to do ever so many more. I’ll do all I can see.”

到处似乎都有草径的痕迹，更有一两个角落由常绿植物围成的凉亭，内有石凳，或长满苔藓的高脚花盆。走近第二个这样的凉亭，她停下了跃动的步伐。那里面曾经有一个花床，她似乎看到什么从黑土里冒出——一些尖尖的淡绿小点。她跪下来细看。“是的，是些在生长着的小东西，可能是番红花，要不就是雪花莲或者黄水仙。”她低语道。她弯腰俯身凑近，使劲吸着那湿润泥土的清新气味。她非常喜欢这气味。“也许别的地方也有这种尖芽长出，”她想，“我要走遍整个花园看看。”

她慢慢走着，眼睛紧盯着地上。她察看花园边上的旧花坛，往草丛里仔细找，尽力做到无一遗漏，走了一圈后她发现了更多淡绿色的尖芽，她再次变得兴奋无比。

“这个花园并不是毫无生机，”她轻声自语，“就算玫瑰都死了，还有别的东西还活着。”

她对园艺一窍不通，但有些地方的草似乎长得太密了，其中绿绿的尖芽挤着往外长，她觉得它们没有足够的空间生长。于是她到处搜寻，找到一块尖木头，跪下来挖土锄草，在它们周围理出了一块块干干净净的小空地。“现在它们看上去像能呼吸了，”弄完第一处后，她说，“我还要弄很多地方，只要看见一处就弄一处。”

11) Misselthwaite 米塞尔威特庄园，位于英格兰北部的约克郡，《秘密花园》讲述的故事的发生地

12) moor [muə] n. 荒野，沼泽

13) chirp [tʃɪp] v. 吱喳而鸣

14) alcove [ˈælkəʊv] n. 凉亭，避暑别墅

15) urn [ɜ:n] n. 瓮

16) stick out 伸出

17) crocus [ˈkrɒkəs] n. 番红花，多年生球茎花卉

18) snowdrop [ˈsnəʊdrɒp] n. 雪花莲，一种欧亚植物，有球茎并在早春开放下垂的白花

19) bed [bed] n. 坛

Mistress Mary worked in her garden until it was time to go to her midday dinner. In fact, she was rather late in remembering, and when she put on her coat and hat, she could not believe that she had been working two or three hours. She had been actually happy all the time; and dozens and dozens of the tiny, pale green points were to be seen in cleared places, looking twice as cheerful as they had looked before when the grass and weeds had been smothering them.

"I shall come back this afternoon," she said, looking all round at her new kingdom, and speaking to the trees and the rose-bushes as if they heard her. Then she ran lightly across the grass, pushed open the slow old door and slipped through it under the ivy. She had such red cheeks and such bright eyes and ate such a dinner that Martha was delighted.

In the course of her digging with her pointed stick Mistress Mary had found herself digging up a sort of white root rather like an onion. She had put it back in its place and patted the earth carefully down on it and just now she wondered if Martha could tell her what it was.

玛丽小姐在她的花园里一直干到午饭时间。实际上，她很晚才想起吃饭的事。她穿上外套，戴上帽子，不敢相信自已已经干了两三个小时。她真的一直都很快乐。在清理过的地上，许多淡绿色的小尖芽显现了出来，比先前生长在令人窒息的杂草丛中显得有生气得多。

“我下午还会回来的。”她边环顾她的新王国，边对树木和玫瑰丛说道，仿佛它们能听见似的。然后她轻巧地跑过草地，推开那扇笨重且古旧的门，从常春藤下溜出了门。她两颊通红，双眼明亮有神，饭量大增，玛莎（编者注：玛丽舅舅家的仆人）看了很高兴。

玛丽小姐用尖木头挖土时，发现挖出了一种像洋葱似的白根。她把它放回原处，小心掩好土。这时她想起说不定玛莎能告诉她那是什么。



“Martha,” she said, “what are those white roots that look like onions?”

“They’re ²⁰⁾bulbs,” answered Martha. “Lots o’ spring flowers grow from ‘em. Th’ very little ones are snowdrops an’ crocuses an’ th’ big ones are ²¹⁾narcissuses an’ ²²⁾jonquils and ²³⁾daffydowndillys. Th’ biggest of all is lilies an’ ²⁴⁾purple flags. Eh! They are nice. Dickon’s got a whole lot of ‘em planted in our bit o’ garden.”

“Does Dickon know all about them?” asked Mary, a new idea taking possession of her.

“Our Dickon can make a flower grow out of a brick walk. Mother says he just whispers things out o’ th’ ground.”

“Do bulbs live a long time? Would they live years and years if no one helped them?” inquired Mary anxiously.

“They’re things as helps themselves,” said Martha. “That’s why poor folk can afford to have ‘em. If you don’t trouble ‘em, most of ‘em’ll work away underground for a lifetime an’ spread out an’ have little ²⁵⁾‘uns. There’s a place in th’ park woods here where there’s snowdrops by thousands. They’re the prettiest sight in ²⁶⁾Yorkshire when th’ spring comes. No one knows when they were first planted.”

“I wish the spring was here now,” said Mary. “I want to see all the things that grow in England.” ◆R



“玛莎，”她说，“那种长得像洋葱似的白根是什么？”

“那是球茎，”玛莎回答，“许多春季开的花都是从那长出来的。很小的是雪花莲、番红花，大点的是水仙花、长寿花、黄水仙，最大的是百合和紫菀蒲。啊！它们很漂亮。迪肯（编者注：玛莎的弟弟）在我们家的小花园里种了很多。”

“迪肯都认识它们吗？”玛丽问，脑子里冒出了个新主意。

“我们家迪肯能让花从走道的砖缝里长出来。妈妈说他只需轻声细语就能把东西从地里唤出来。”

“球茎能活很久吗？要是没有人管，它们能活很多很多年吗？”玛丽焦急地问道。

“它们自生自长，”玛莎说，“所以穷人能种得起。要是你不管，它们大多数会一辈子在地底下长着，蔓生繁衍。在公园林地里有地方，雪花莲成千上万。春天来的时候，那是约克郡最漂亮的一景。没人知道它们是什么时候给种下的。”

“真希望现在就是春天，”玛丽说，“我想看到在英格兰生长的所有东西。” ◆R

20) bulb [bʌlb] n. 球茎，鳞茎，地下茎的一种

21) narcissus [nɑːˈsɪsəs] n. 水仙花

22) jonquil [ˈdʒɒŋkwɪl] n. 长寿花，一种常绿多肉植物

23) daffydowndilly [ˈdæfɪdaʊnˈdɪli] n. <诗> 水仙，等同于daffodil

24) purple flag 紫菀蒲，多年生草本植物

25) ‘un 在文中等同于one

26) Yorkshire [ˈjɔːkʃə] n. 约克郡，英格兰北部一古郡

Three Word Expressions

Three word expressions are common in English. Practicing them and using them when you speak will help you sound more natural. Here are several common expressions, along with an explanation and example sentence.

- 1.** dribs and drabs=a negligible amount (点滴, 少量)

Example: The marathon runners finished in dribs and drabs.

- 2.** said and done=complete/finished (完成的)

Example: When it's all said and done, the new reception area is going to be a credit to the company.

- 3.** cat and mouse=doing something in the same way that a cat plays with a mouse (猫鼠游戏, 欲擒故纵)

Example: The guerillas(游击队) played cat and mouse with the much better-equipped army.

- 4.** flesh and blood=family member (家人)

Example: I have to help him if I can—he's my flesh and blood.

- 5.** by and large=generally (大体上, 总的说来)

Example: By and large, our customers prefer good service to low prices.

- 6.** trial and error=doing something new by making various experiments (反复试验, 不断摸索)

Example: The new computer system has been installed. But it's a bit trial and error at the moment—nobody really knows how to use it.

- 7.** over and out=something you say to show you have come to the end of your message (通话完毕, 无线电通话用语)

Example: The last thing they heard from the pilot was "over and out."

- 8.** wine and dine=to entertain someone lavishly (以好酒好菜款待)

Example: He's well-known for wining and dining his business partners.

- 9.** spick and span=(of a room, house, etc.) completely clean and tidy (把房间、屋子等打扫得干干净净的, 整洁的)

Example: Her house is spick and span at all times.

- 10.** wheel and deal=to operate or manipulate for one's own interest, especially in an aggressive or unscrupulous way (在政界、生意场所等独断专行, 尤指为个人利益而运用金钱或权势为所欲为)

Example: Bernie's wheeling and dealing has made him rich but not very popular.

辞海拾贝

Hi, 亲爱的读者朋友们, 咱们继续来“辞海拾贝”, 赶紧来看看下面有没有你们推荐的好句? 入选者将获得编辑部送出的精美海报! 大家继续努力吧! ^_^

赵佳(上海):

The poem is a little myth of man's capacity of making life meaningful. And in the end, the poem is not a thing we see—it is, rather, a light by which we may see—and what we see is life.

—Robert Penn Warren

尹欣然(河北):

Bitter are the tears of a child: Sweeten them.
Deep are the thoughts of a child: Quiet them.
Sharp is the grief of a child: Take it from him.
Soft is the heart of a child: Do not harden it.

—Pamela Glenconner

“辞海拾贝”的参与办法: 大家把自己读书过程中看到的一些或富含哲理、或幽默风趣、或优美抒情的英文好句或好段摘录下来, 附上出处和简短的一两句点评, 通过CR的QQ群51856597或54928572发送群邮件或者写信寄到编辑部推荐给小编, 小编们每期会从大家的推荐中择优刊登, 一经选用, 将有精美海报赠送, 赶紧行动吧! 期待大家的积极参与! (来稿请在邮件标题处或信封上注明“辞海拾贝”字样, 并请附上姓名和详细的通信地址。)

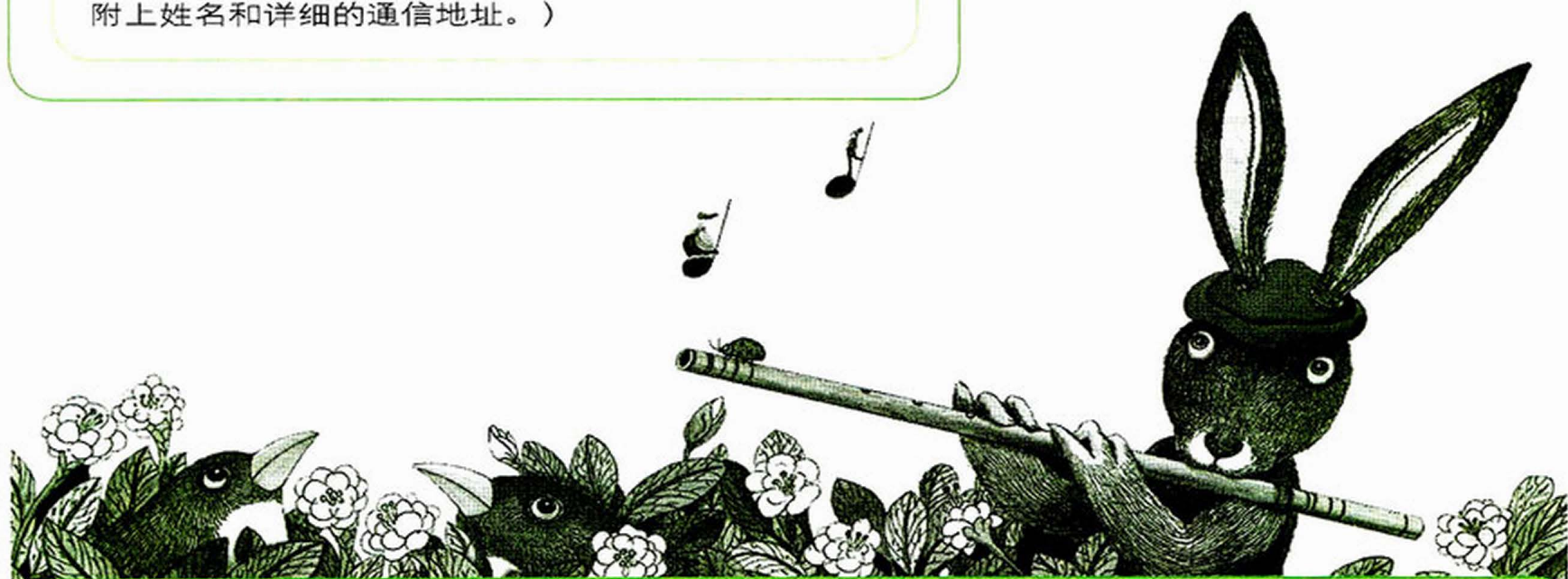
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爱在北国冬日的午后静坐在宿舍的一角, 手捧奶茶, 肆意沉浸在CR的温馨世界里, 无人打扰, 静静地, 仿佛世界只有我和CR。你爱英语吗? 快快加入我们的行列吧!

—yandaliuhuihui@sina.com



“CR之星”

小编们这个月从众多的读者调查表和来信中抽取了10名幸运读者(名单如下), 他们每人将获赠2009年4月号的CR一本。祝贺他们!

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您想跨入数码时代吗？您想拥有自己的电脑吗？为更好地将新产品推向市场，特举办全国“中盛杯”智力竞赛活动，请将11个相同的数字填入下题方格内使等式成立，算好后将答案与1元钱邮资和您的详细地址、姓名、邮编寄回我公司（注明杂志名称及月份）。填对答案的朋友均可免费获得新款电脑+小型摄像机+T208和弦音掌中宝+数码复读机+CD随身听+掌上电脑万事通+数码录音笔+MP4播放机+中英文电子词典+数码相机+情侣手表+商务通+彩色相机+MP3和镀金首饰。没填对答案的朋友可获得八件套电子产品和助学大礼包。来信者即可成为终身会员，您将定期收到最新精美时尚礼品。本公司注册号：4105003561126。也可手机短信留详细地址、姓名参与，短信发至13525840582。（活动100%真实长期有效，100%免费，敬请放心参与）

÷ + + + + = 2008（本题手抄有效）

来信地址：河南省安阳市中盛电子用品邮购公司（78号信箱）
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100%的免费 100%的惊喜 100%的诚信 100%的真实



为扩大宣传，提高知名度，让利读者，本公司特开展全国“正大杯”智力竞赛活动。请用“+”“-”“×”“÷”法计算下题，在信封下面写清您的详细地址、姓名、邮编，夹寄1元邮票，填对答案均可免费获得新款电脑+小型摄像机+照相机+数码复读机+掌上宝+随身听+电子词典+军用冷光表+数码相机+和弦音手机+掌上商务通+DVD机+DVD式可视电话+收录音机+高科电脑+63高效学习资料。没做对题目也可得到本公司赠送的十一件电子产品。来信者并可成为本公司终身会员，将定期收到我们为宣传而送出的新产品免费试用。（不收取任何费用，敬请放心参与）。本公司营业注册号：4105003561103。如想更快收到礼品，也可手机短信留详细地址、姓名参与，短信发至13503970257。权威公证，真实长期有效。（本题目可复印、自制）。

（34□5□6□8□9□1）□2=2008

来信地址：河南省安阳市正大电子邮购公司（36信箱）
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热烈庆祝正大有奖竞猜成功举办！



“新增高1号” 矮身材研究所唯一推荐产品

国药准字（H13023296）

给您人生一个公平的起点

治疗原理

众所周知，人体生长快慢，主要由脑垂体分泌生长素多少而决定，但由于生理、病理、遗传等多种原因影响，导致生长素内分泌不足，从而造成青少年生长迟缓或处于停滞状态。

“新增高1号”含有人体增长必需的L-赖氨酸。增高钙复合元素，通过调整丘脑——垂体——性腺轴，促进脑垂体生长素的分泌量，提高合成“生长因子”的能力，加速骨细胞生长过程中所需的特殊元素。充分挖掘青少年儿童增高的最大潜力。

走出增高的误区

晚长观念：很多家长早就发现孩子个子矮，但总抱着“等等看”的心态，结果耽误了孩子最佳长高时间。

遗传决定论：现代医学证明，遗传决定成年身高的40%左右，后天帮助决定10-20cm的差距。

盲目使用助长产品：不科学地使用一些增高器械胡乱补钙、补营养，影响了骨骼发育机制，即耽误宝贵时间又丧失了科学长高的信心。

早熟呈骤然上升趋势：部分青少年小时候“鹤立鸡群”长大“矮一截”早长的孩子家长往往掉以轻心，要知道早长的孩子生长周期短。

“新增高1号”适用类型

生长迟缓型：表现为个子一直长得比较慢，也无明显的青春突增（蹿个子）现象，其原因多为骨骼营养匮乏。

骨骼偏大型：有明显青春期突增，骨龄检测软骨没有完全闭合，但骨龄大于实际年龄，长高年限显著缩短，多由早熟所致，此时更应及早服用“新增高1号”来弥补所需营养。

发育后停长型：在青春期末突增后，生长极度缓慢，身高增长≤2cm/年，多由于骨细胞的代谢显著减慢、缺乏活力所致。

营养过剩型：即“矮而胖”体型。常由于蛋白质摄入过多，体内三大营养物质紊乱，骨骼营养吸收障碍所致。

晚长型：父母一方或双方都很高，孩子比同龄的矮小，家长误以为孩子是晚长，这样认为存在片面性。不可大意，应及早治疗。

遗传型：父母矮孩子不一定就矮，现代医学证明只要抓住后天生长期，科学补充骨骼营养后天帮助决定10-20cm差距。

本品特点

- 本品为国药准字产品，已通过国家GMP认证，疗效可靠。
- 促进软骨自然增长，不含激素，不增肥，无任何副作用，安全可靠。
- 产品附赠卡全程个性化跟踪服务，如极个别达不到标准的，可由专家针对性免费治疗直到你满意为止。
- 本品适用于26岁以下青少年服用，一般3-6疗程可在不同程度上增高7-20cm左右，每疗程86元/2瓶（服用一个月）（3个疗程起邮）。
- 买三个疗程及以上，赠送价值49元/疗程“长得高”贴片。



通信及汇款地址：北京市南区科学城018信箱（东风药业有限公司） 邮编：100070

网址：www.bjzzzz.com

短信咨询：13651061185 专家咨询电话：010-85947958 86824852 联系人：刘艺

电子信箱：bjgsts@yahoo.com.cn



快乐游学 体验精彩

Education UK

英国驻华使/领馆文化教育处每年夏季组织12-18岁的中学生，参加为期两到三周的“英国夏令营”。该夏令营特别选择在获得英国文化协会认证的英国语言学校中举行，令学生在学习和生活等各方面得到全面保障。夏令营期间，学生除了每星期参加约15小时的英语学习之外，还将参与各项体育文娱活动和景点游览。在周末，学校还会安排学生到伦敦等著名的城市和景点旅行。学生将入住学校宿舍或寄宿在当地居民家中，亲身接触新文化，结识新朋友，增长新经验。“英国夏令营”帮助学生塑造自我，迎接未来的挑战。2009年夏天，我处继续主办“英国夏令营”，并推出一系列全新主题线路，如：艺术、文学、体育和科技等。

详情请浏览英国教育官方网站：www.educationuk.cn



疯狂英语杂志社四刊联手英国大使馆文化教育处 2009游学之旅有奖征文活动 隆重开幕！

“你还在写Chinglish呀，太丢人啦！”

“地道英文？小case嘛！”

——别光说得这么热闹，谁是英文写作高手，来CE的地盘较量一下就知道啦！一等奖获得者可以赴英国参加为期约两周的夏令营哦！还等什么，赶紧下手，不对，赶紧下笔吧！

2009年，疯狂英语杂志社旗下《疯狂英语阅读版》、《疯狂英语中学版》、《疯狂英语口语版》和《疯狂英语原声版》四刊将与英国大使馆文化教育处合作举办英文写作比赛。

比赛注意事项

1. 征文分中学组和大学组两组，文章题目及写作要求见下：

• 中学组写作题目：My Journey To

• 大学组写作题目：My Favorite Film

稿件要求：1. 记叙文。 2. 字数：800 words以内。

稿件要求：1. 议论文。 2. 字数：1000 words以内。

2. 写作建议

如何写英语美文？请登录英国大使馆文化教育处“英语在线”网站了解更多：

<http://www.englishonline.org.cn/en/learners/competitions/english-salon-writing-competition>

3. 截稿日期：2009年3月31日（以到达广州的邮戳为准）

4. 回稿地址

信件请寄：510405，广州市1913信箱《疯狂英语》编辑部“征文”活动组（收）

电子邮件请发至：CEwriting@topenglish.net

奖项设置

奖项	名 额	奖 品
一等奖	2名	参加英国大使馆文化教育处的赴英夏令营（为期约2周）
二等奖	4名	参加杭州或珠海平和国际语言村英语培训（为期约2周）
三等奖	100名	CE环保购物袋1个、英国大使馆文化教育处英语学习光盘1张、CE书刊1套
参与奖	200名	英国大使馆文化教育处提供的精美纪念品

活动说明

1. 所有奖品**购买**以及**运送**所需费用均由广东认真企业有限公司及英国大使馆文化教育处承担。
2. 奖品不可退换，不可用以领取现金。
3. 请参与比赛的读者留下有效的通讯方式，包括邮寄地址（含邮编）、电话、手机等。获奖名单产生并公布后，在发送奖品的过程中，若发现读者的信息无效，如地址错误等，导致奖品丢失，公司不负责补发或者赔偿；若导致奖品被退回，而联系不到读者的情况下，则在网站：www.TopEnglish.net、www.englishonline.org.cn上刊登消息，自发布之日起一个月内依然没有回复，则公司有权对奖品自行处理。
4. 如希望了解有关赴英等地参加活动或培训的具体安排，欢迎致电咨询：020-86569000-156黄思静。
5. 本活动最终解释权归疯狂英语编辑部及英国大使馆文化教育处所有。
6. 获一、二等奖的读者的优秀范文，将全文刊登在疯狂英语网站：www.TopEnglish.net 以及英国大使馆文化教育处英语学习网站：www.englishonline.org.cn上；如果达到发表要求，可以选登在《疯狂英语阅读版》、《疯狂英语中学版》、《疯狂英语口语版》和《疯狂英语原声版》上。

获奖结果将刊发在2009年6月号的《疯狂英语阅读版》、《疯狂英语中学版》、
《疯狂英语口语版》和《疯狂英语原声版》上

详情请见：www.TopEnglish.net 及 www.englishonline.org.cn



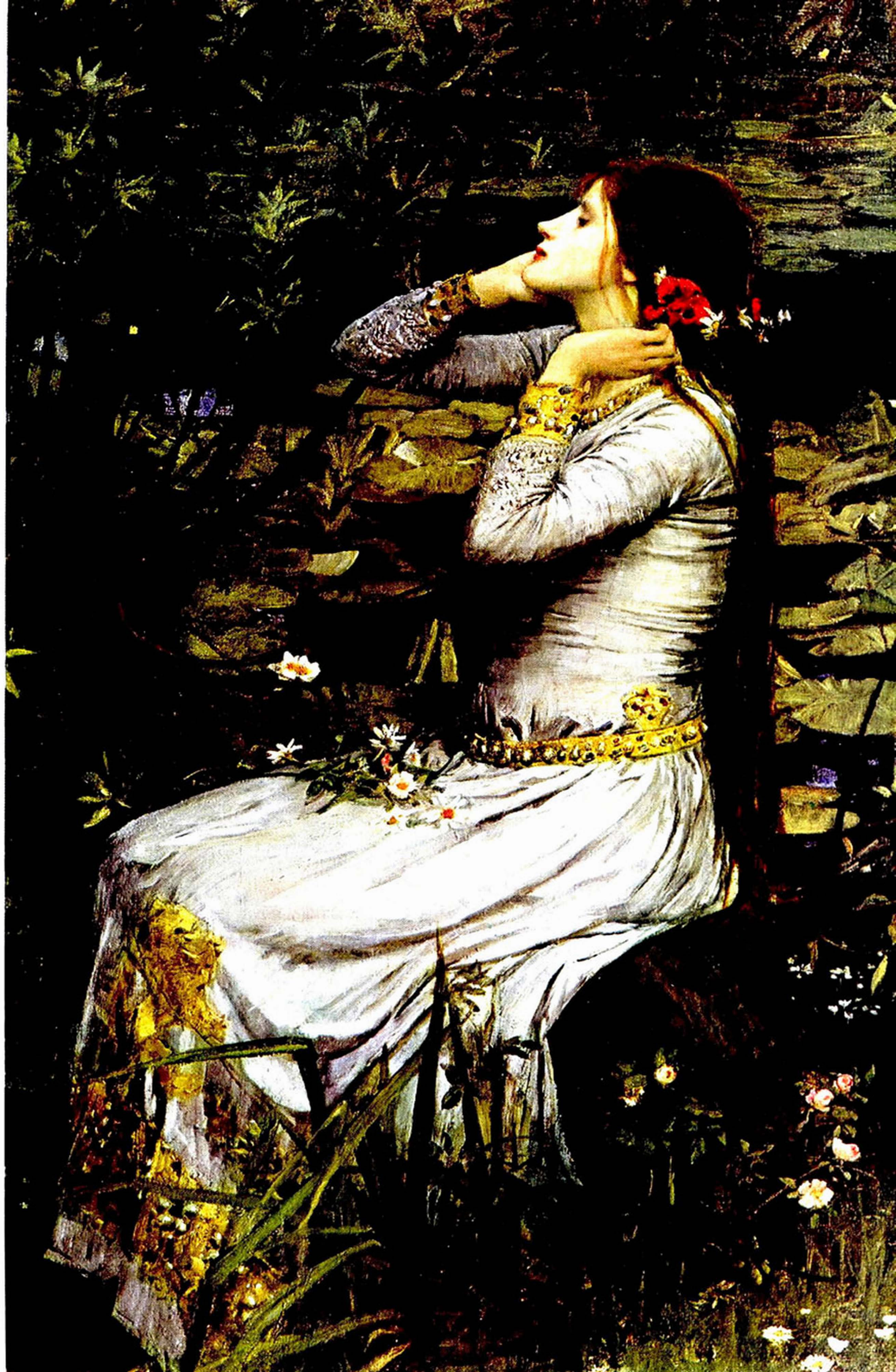
Red and pink
Yellow and white
We picked them all
The petals soft
Against our skin

We held them close

Against our skin
The petals soft
We picked them all
Yellow and white
Red and pink

Women in Bloom





近视眼康复带 大型活动 火热京城

30分钟让你的眼睛亮起来

广告

国际金奖 专利发明

由中国科学院和北京爱思明科技发展有限公司共同研制的近视眼康复带,经国内10家权威机构共同验证,上万名患者临床使用,并经世界卫生组织(WHO)特别鉴定,严格的药理、毒理、药效学等全面检测,各项指标均达到国际SDA领先水平。一举斩获世界“新技术新产品国际博览会金奖”、“中国新技术新产品发明银奖”,被权威专家认定为“目前世界上治疗近视最先进最有效的绿色疗法”。现已被全国青少年视力保护协会定为“特别推荐产品”。



中国科学院
产品专利证书



中国青少年
健康协会认证



中国视力保护
协会推荐产品



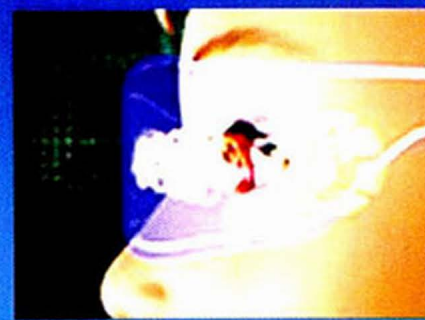
药理奇特 世界独有

采用国际上最先进的基因亲和生物萃取技术,从32味纯天然中草药中萃取出高活性、高效穿透辐射性的药物微粒,

可在眼部快速形成功效奇特的矫治生物动力场,使药物直接亲和眼组织细胞,激活眼睫肌和神经自主调节功能,使视轴恢复正常,打破了真性近视不可用药矫治的禁区。彻底治疗真假性近视、弱视、散光、视疲劳等病症。同时还具有醒脑开窍、安神益智、提高记忆力的显著功效。

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每个疗程 488元(一个月)**

疗效惊人 30分钟立现



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王玉芬,全国优秀教师

我带的这个班的学生视力都下降得厉害,很多学生已经戴上了眼镜,对此我也感到着急。后来,青少年健康促进委员会的专家向我推荐近视眼康复带,现在我们的许多学生都在用,而且只用了一个疗程,学生们的视力就明显提高,使用两个疗程以后,我们班有80%的同学已经恢复到正常视力。在此,我要提醒广大的家长朋友:不要一味地强调孩子们的学习成绩,真正关心他们的身体健康,才是对他们一生的关爱。



李蓓,北京

我女儿左眼视力0.4,右眼0.6,属真性近视,为了治好她的眼睛,我们跑了几家大医院,花了近万元也未能治好。自从购买了近视眼康复带,仅使用几天,女儿便对我说她比以前看得清,看得远了,20多天后,她竟然摘掉了戴了3年多的小眼镜。经检查,双眼视力有了明显提高,左眼视力上升为1.0,右眼为1.2,我也忍不住喜悦的泪水……现在已过去3年了,女儿的双眼仍然那么明亮。

郑重承诺

不满意就退款 无需任何理由

目前,市场上近视产品很多,鱼目混珠,顾客难以判断真伪,为防止上当受骗,让您100%满意,我们郑重承诺如下:顾客到活动现场先试后买,30分钟视力即刻提高1~5行;外地客户收到货后使用十天(仅限一条),如对疗效或其它任何方面不满意,无需任何理由,均可退货,我们将分文不少地全额退款。详情请到活动现场或拨打热线咨询。

不满意就退款,不是无效退款。从法律上讲无效退款是需要提供无效鉴定的,所以是一种有争议的退货承诺;而“不满意”却是出于个人的意愿,所以顾客是无风险的。

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8823+姓名

(例: 移动发送8823周杰伦)

到**10668001**

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信息费: 2元/条 不含通信费 1-3步完成下载



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信息费: 2元/条 1-3步 手机需支持KJAVA

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91172046 美女啦啦队
91171562 清纯可爱美女
91175156 贝克汉姆
91175120 淘气少女求爱记
91173632 气象女播音员
91173642 大眼美女
91173693 清纯少女唯美视频
91173696 痴心痴女如此遭遇
91173652 超美女照片

超级搞笑

91175046 小熊撞打鸡
91173172 谁知道的多
91171665 让人笑掉大牙的游泳
91171662 爬山之难度动作

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91173333 阿雅小齐夫妻
91173337 阿雅小齐夫妻
91172166 武林外传
91172010 最佳防弹搭档
91171399 春春宝贝们在做什么
91171289 别跟车司机吵架
91171354 蔡妍又来搞笑
91172772 傻蛋老翁甜言蜜语
91171999 蔡妍又来搞笑

炫图



酷铃 新歌抢先

911122452 非诚勿扰 蔡志强
911122191 非诚勿扰 蔡志强
911122190 宝贝宝贝 陆虎
911122139 酒心 张敬轩
911121275 舍不得 弦子
911120082 亲爱的玫瑰 凤凰传奇
91117985 香吻爱上炎 张政
911122111 稻香 周杰伦
911120565 为你写诗 吴克群
911121360 怎么会狠心伤害我 郑源
9111341 记事本 陈慧琳
9111263 我只在乎你 邓丽君
91113771 爱的主打歌 萧亚轩
91113668 月光 张敬轩
91113305 我的地盘 周杰伦
91113048 至少还有你 林忆莲
91112697 完美生活 许巍
91114263 大眼睛 刀郎
91113142 星语心愿 张柏芝
911121313 万人迷 蔡依林
91114420 原来你也在这里 刘若英
911121315 我想也没关系 戴佩妮
911153 比我幸福 陈晓东

人气排行

911117379 爱情转移 陈奕迅
91112570 好心分手 卢巧音
911119816 彩虹 周杰伦
91113797 断点 张敬轩
91113792 我的爱 孙燕姿
91113710 朋友别哭 吕方
91117002 千里之外 周杰伦
9111492 我愿意 王菲
911116458 今天你要嫁给我 蔡依林/周杰伦
911119188 有没有人告诉你 陈慧琳
911122141 给我一首歌的时间 周杰伦
911118375 你的承诺 游明威
911116328 最可爱的人 F.I.R.
911119945 做你的爱人 谢军
911117983 老子说 吴克群
91114187 男人海洋 周传雄
91112696 暗潮 老狼
911119840 日不落 蔡依林
911119583 牛仔很忙 周杰伦
911118203 老人与海 海鸣威
91114321 黑白 萧亚轩
91113742 默雪 韩青
91114108 私人公园 周彦宏

强烈推荐

91113153 蔡依林 周迅
91113044 无间道 刘德华
911121318 不要在我寂寞的时候说爱我 蔡志强
91111547 听海 张惠妹
911114753 右手戒指 金海心
911117670 咕叽咕叽 孙燕姿
91112880 你的甜蜜 范晓萱
91112791 骑士精神 蔡依琳
911117390 冬季到台北来看雨 孟庭苇
911112570 孙子兵法 陶喆
911117405 梦里花 张韶涵
91113028 爱上未来的你 潘玮柏
911117935 明月千里寄相思 蔡幸娟
911118147 谁的眼泪在飞 孟庭苇
911118424 我的爱从四面八方攻击你 山野
911118446 我的爸爸 吕珊
91111092 雪人 王力宏
911121608 爱在每个心中传递 群星
91111611 街角的祝福 戴佩妮
911122118 暧昧花 蔡依琳
91112350 欢乐今宵 古巨基
91114643 单身情歌 林志炫
91112305 我的未来不是梦 张雨生

爱如潮水

也许是今生有缘,让我在最无助的遇到了你,给了我幸福的感觉

移动拨打 **12590 6818 453**

联通拨打 **101590 6608 462**

信息费: 移动2元/分钟 联通 5元/次 不限时 不含通信费



情感夜话

一颗寂寞的心等待你去开启。。。

移动拨打 **12590 6818 453**

联通拨打 **101590 6608 462**

信息费: 移动2元/分钟 联通 5元/次 不限时 不含通信费

想入非非

聆听佳人的爱情故事。。。

移动拨打 **12590 6818 453**

联通拨打 **101590 6608 462**

信息费: 移动2元/分钟 联通 5元/次 不限时 不含通信费



佳人有约

当爱来临时,美丽的鲜花已经在彼此的心底灿烂,只需要用心聆听,细心感受

移动拨打 **12590 6818 453**

联通拨打 **101590 6608 462**

信息费: 移动2元/分钟 联通 5元/次 不限时 不含通信费

情缘久久

想和帅哥美女一起聊天么? 赶快行动吧!



手机用户发送 **APPF** 到 **1066 800 123**

例: 手机用户发送 APPF上海 到 1066 800 123即可与上海聊友沟通

信息费: 2元/条 不含通信费

信息费: 2元/条 不含通信费

How sweet the moonlight
sleeps upon this bank!